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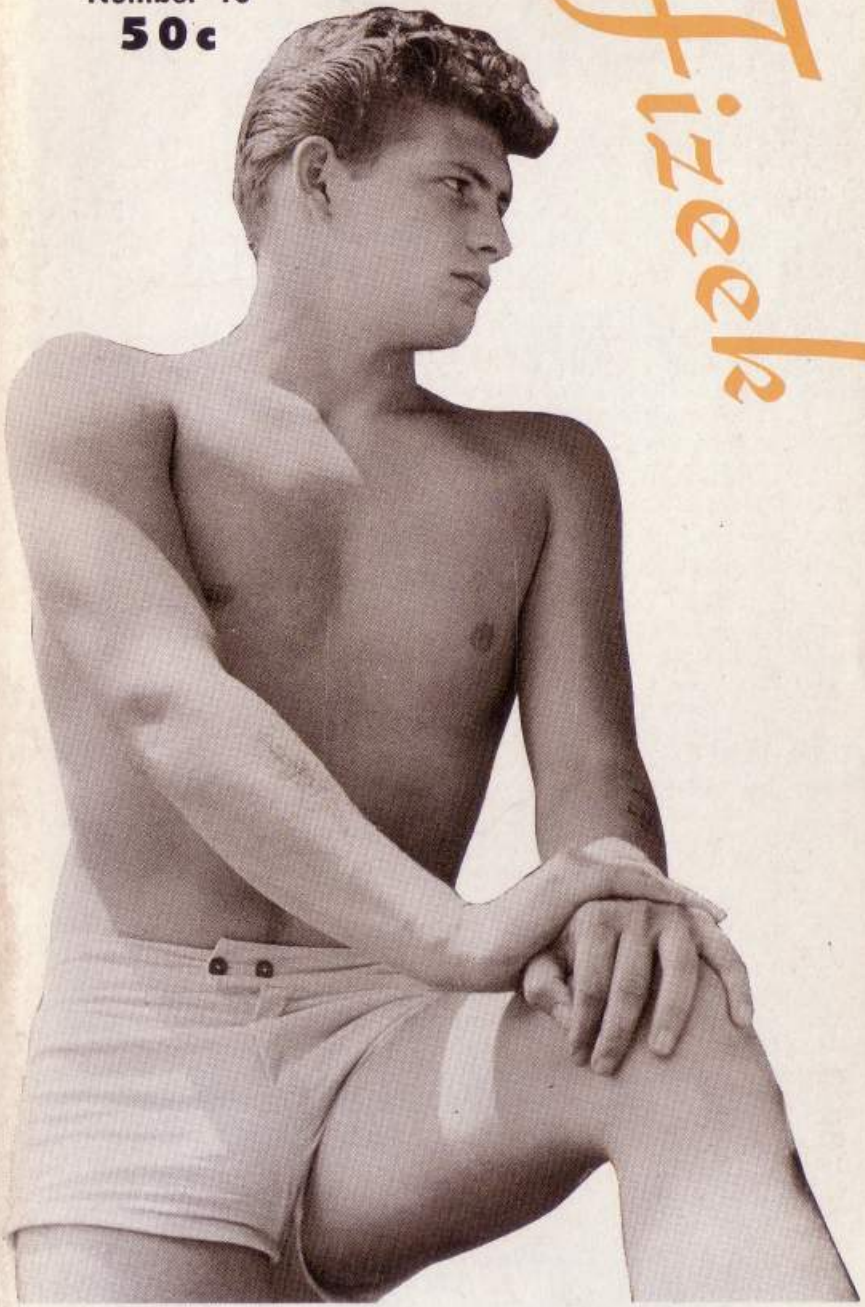

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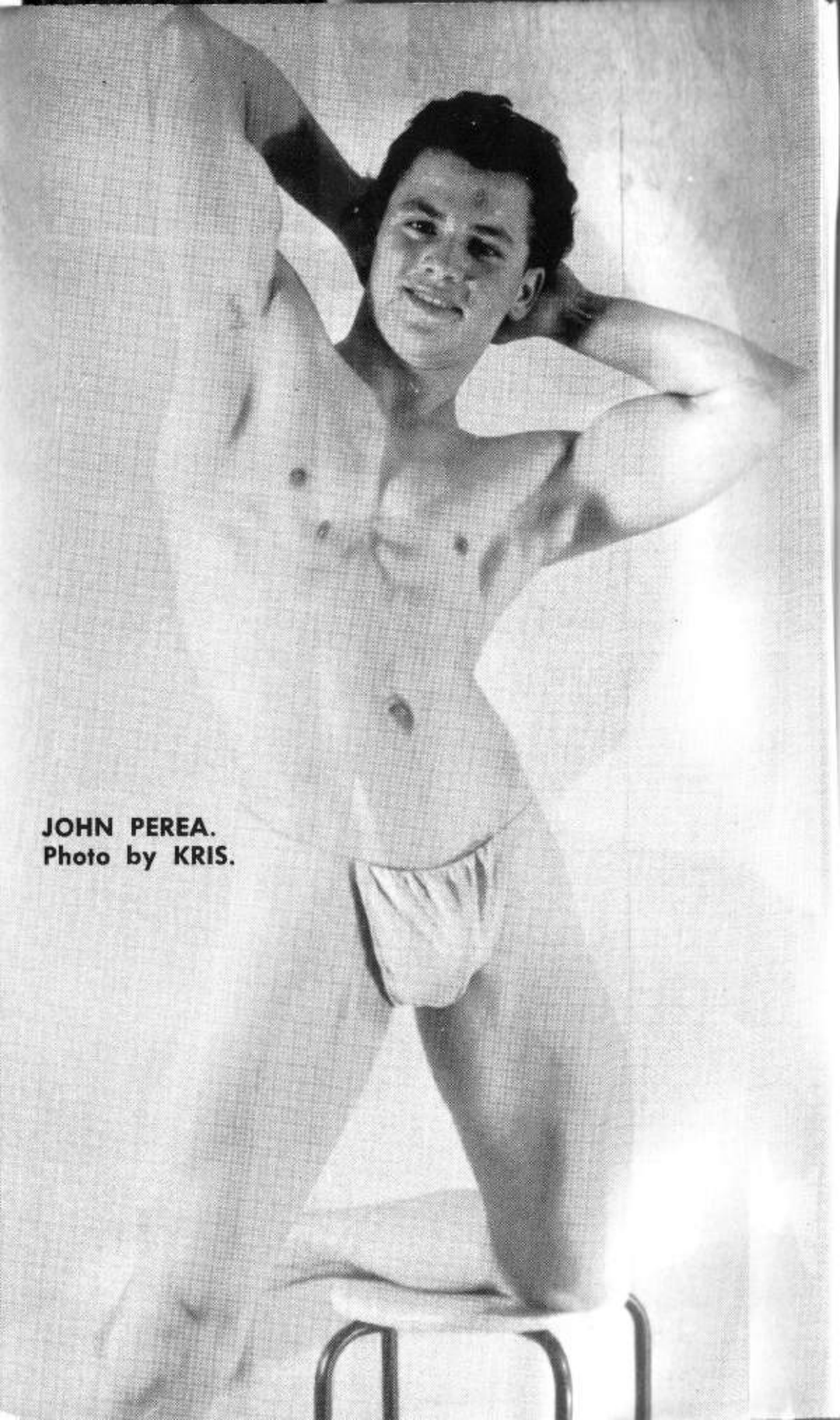

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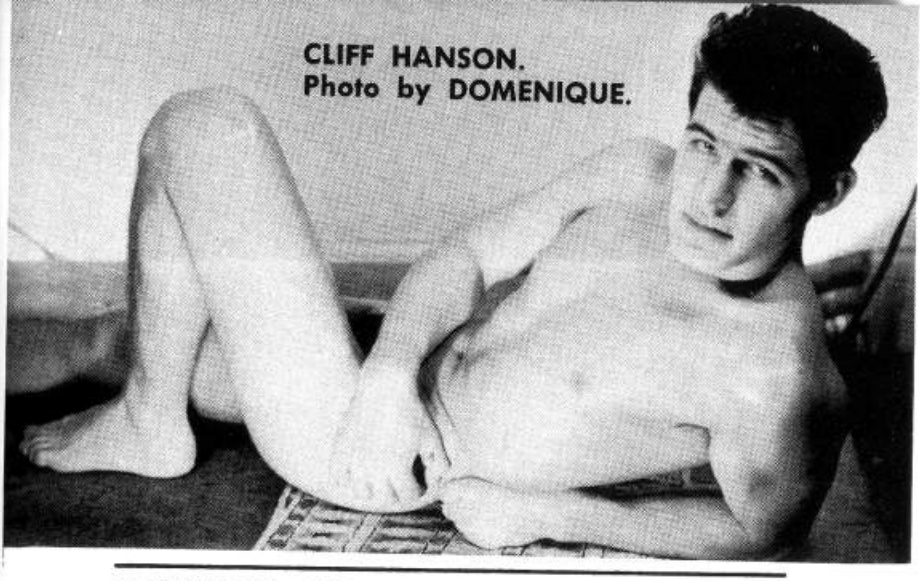

CLIFF HANSON.
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COVERMAN: BUCK KOBER, 18, now pursuing a career in acting. Photos by KEN WALLACE.

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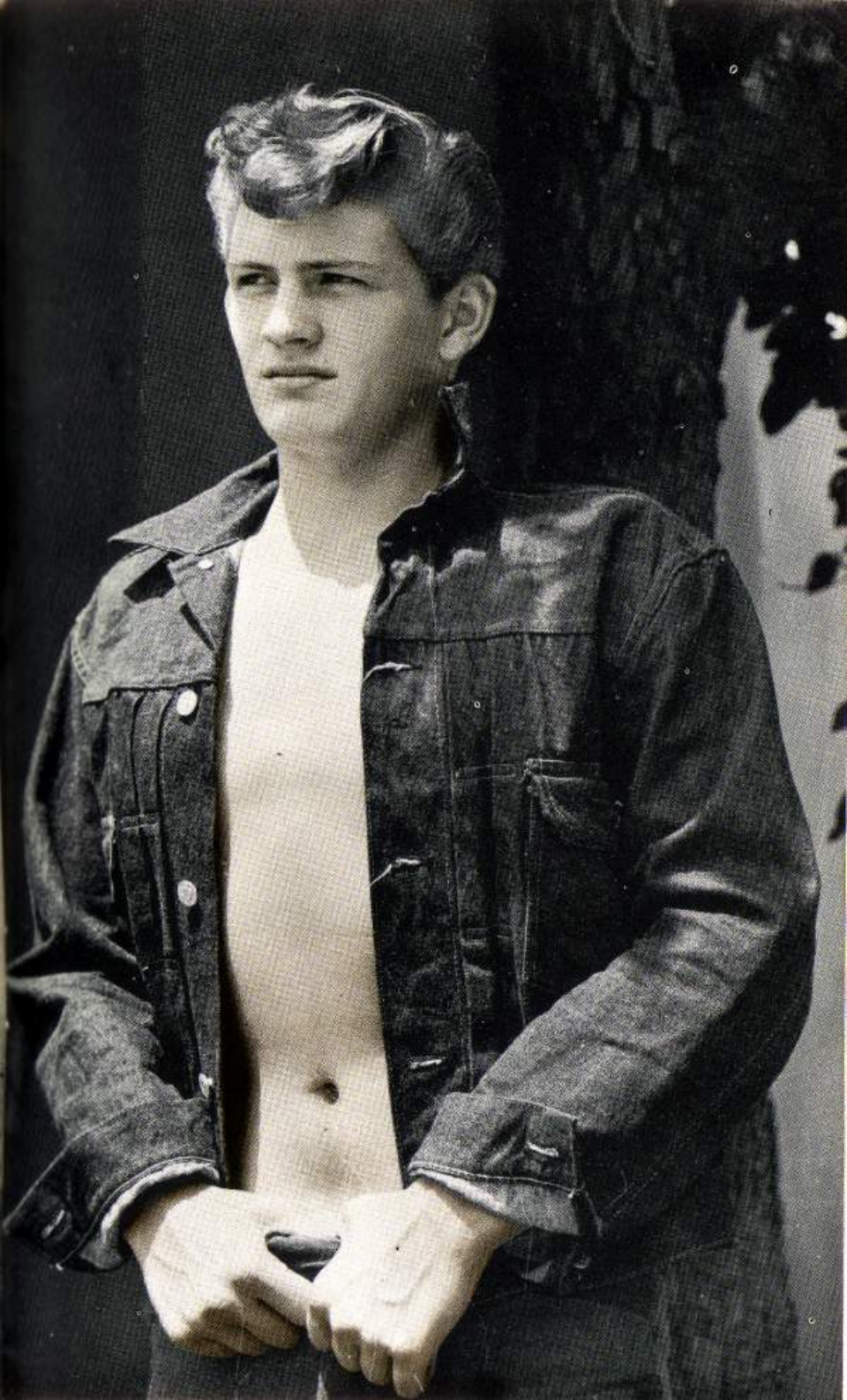
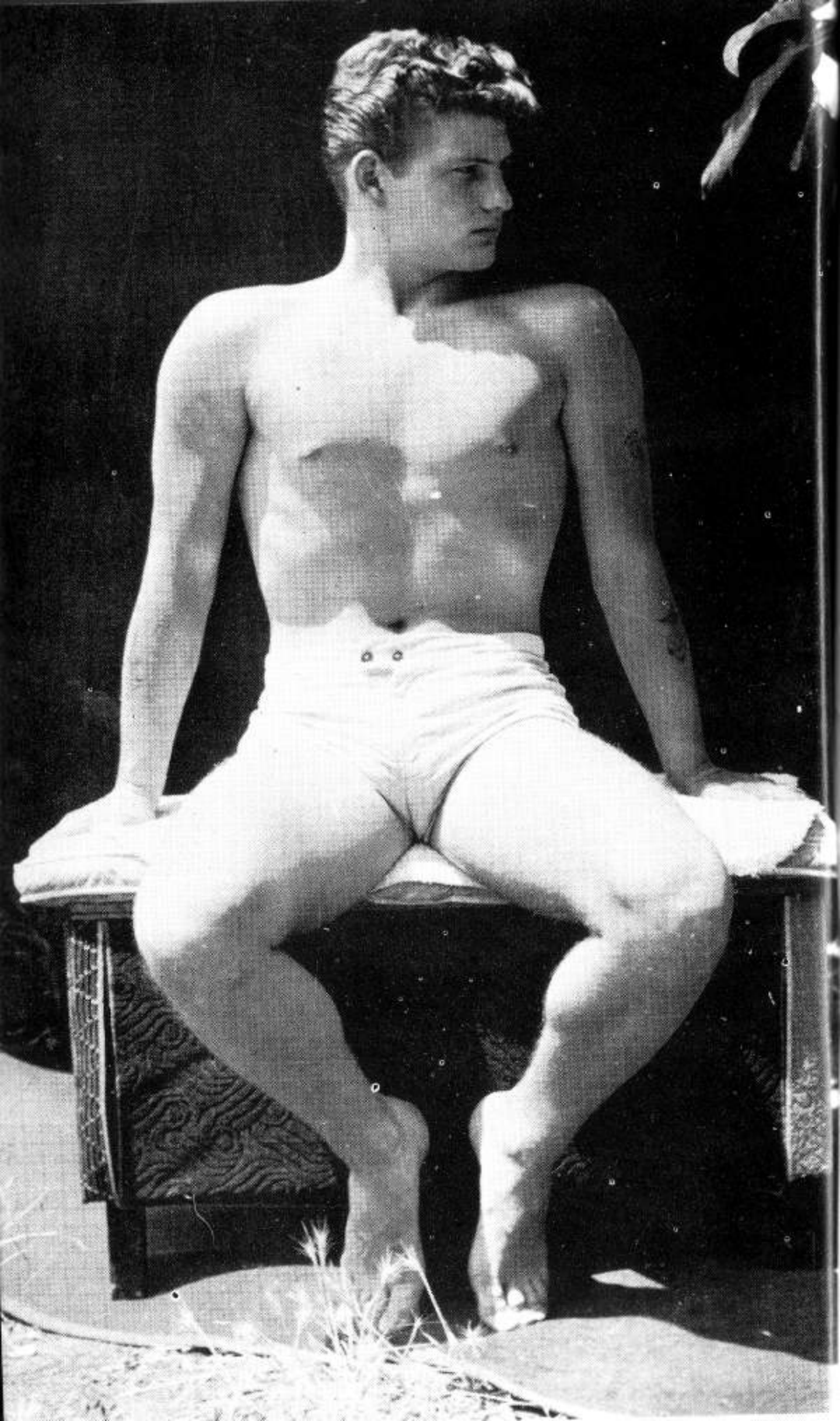




STOP!!— FALLING HAIR

by

CARLSON WADE

Author of The Key To Nutrition, Jamestown Mistress, Your Sex Problems In Marriage, etc.

A healthy growth of hair adds to the good looks of a bodybuilder. A neatly combed mane, glistening with natural oils on a well developed body is an inspiration for an artist. Ever since the days of the world's first bodybuilder, Samson, thick and healthy hair has been associated with virility, sexual stimulation, overall physical perfection. Losing your hair can be a detriment to your social popularity—and it is a reflection of your general health. The time to take care of your hair is when you have it, not when it begins to fall out!

Radiant hair, whether blond, red, brown or black gives you a youthful, handsome appearance. The way you comb your hair gives you a picture of good grooming. But why do some youngsters show hair loss even when 18 or 19, while others in their early 30's have as thick a head of hair as any teen-ager? The answer lies in proper care of the hair.

Your scalp contains about 200,000 hair follicles present at birth; each follicle grows one hair. Beneath the surface of your scalp skin is located the set of *sebaceous glands*. These issue *sebum*, a fat-like oil which lubricates your hair and scalp, keeping it in a healthy condition. Sometimes, insufficient sebum is secreted and there is a drying of the scalp. Skin scales or dandruff now begin to show. This is no cause for alarm. It is similar to dry skin and requires lubrication. The worst treatment for dandruff is any hair preparation containing oil or alcohol . . . and this includes shampoo products. Both oil and alcohol have properties which *dissolve* sebum and cause further drying of the scalp. Ever notice how tight your scalp feels after you drench it with olive oil? Your natural oils, sebum, have been dissolved and you'll soon have more dandruff.

How should you clean your hair? Begin by using a stiff bristled hair brush and treat your hair to 100 strokes in the morning and 100 strokes at night. Brushing removes dirt that clog the pores of the scalp; the nerves in your scalp also need stimulation—brushing helps to activate your nerve endings and nourish them. The best shampoo is one containing a lanolin base and completely free of corrosive oil or alcohol. A trick of many bodybuilders is to use the egg yolk as a shampoo. Egg

contains cholesterol, a substance which dermatologists today believe is important in healthy hair.

The famous hairdresser, Michael of the Waldorf prepared the following shampoo recipe: "To prepare your dairy dousing, whip whites and yolks of two eggs to a light froth. Soak head in warm water and massage this natural shampoo into your hair and scalp for 10 minutes. Move your scalp with gentle but firm rotary movements of your fingertips. Alternate with a gentle tugging of the hair."

Doctors also approve of natural sources of acetic acids such as lemon and vinegar rinses to restore acidity necessary to maintain normal balance of scalp health.

Nerves can also cause hair loss. Dr. Irwin I. Lubowe, a dermatologist connected with *Metropolitan Hospital* has stated, "Emotional instability also upsets the work of the sebaceous glands (which lubricate the hair); dandruff and baldness commence when the secretion of male and female hormones in the body is unbalanced and biochemical changes in the scalp occur as a result of an indiscreet diet, changes in environment, infection and climate." Much hair loss can be halted if you learn to relax your mental anxieties. Nervous tension has a bad effect upon the glands of your scalp, just as it can injure the rest of your body glands.

Dr. Lubowe further adds, "Most of us eat incorrectly. If the diet is unbalanced, particularly if there is an excessive intake of carbohydrates and animal fats, the sebaceous glands (which lubricate the hair) are adversely affected." Specific nutrients which help hair growth are iodine found in sea foods, plant foods grown in soil near the sea. Sulphur, a mineral good for hair nourishment is found in meats, peanuts, hard cheese and fish. Vitamin B is contained in liver, egg yolk, citrus fruits, peas and beans. Your daily diet should include adequate amounts of the above foods to nourish your body and your scalp.

If you are plagued with persistent dandruff, listen to the words of Dr. Paul D. Foster, leading dermatologist and hair specialist. "These conditions can result from hormone imbalances. Eating habits that include too many sweets, starches or alcohol; fatigue, chronic infection, excessive perspiration, climate conditions, emotional tension, bacteria or illness—either singly or in combination. Most patented hair preparations usually treat the symptoms rather than the *cause* of the disturbances."

Alopecia areata is a form of baldness occurring only in local patches. You can recognize it by white, bare spots on your head. In 3 days, the spots spread out; it is believed that this scalp infection is caused by a virus activity in your body which tend to paralyze follicles of your scalp. Like all paralysis infections, it needs to be treated by curing the virus infection first. Alopecia areata should not be ignored. The follicle not only becomes paralyzed but will continue to shrink, just as

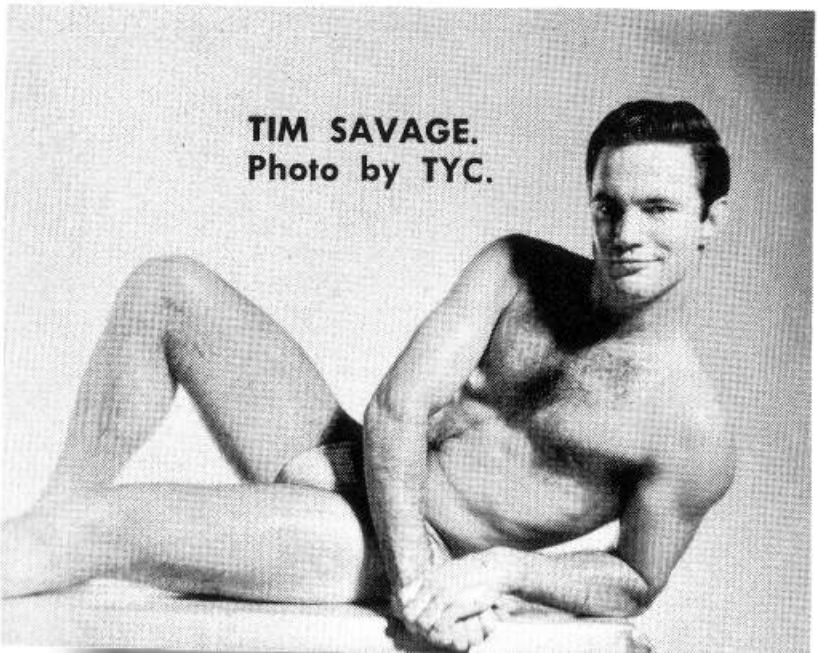
any body muscle shrinks when not exercised. You exercise your scalp by vigorous brushing and electric massage upon your doctor's advice. If further disregarded, alopecia areata may destroy the pigment gland of your scalp; if regrowth takes place, the hair comes out white —hence many people who have white patches on their hair.

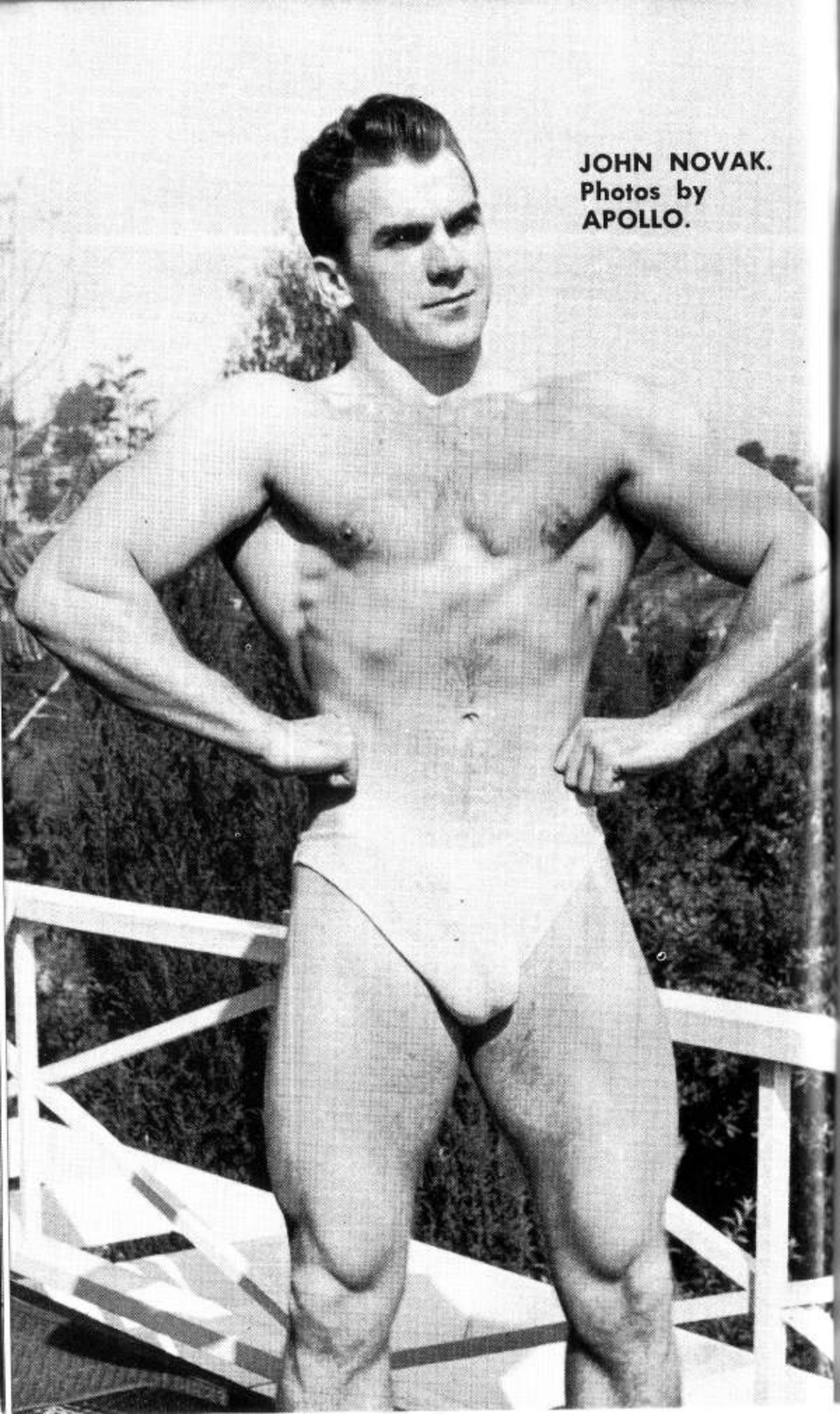
The papilla is a small bulb-shaped organ; it is the hair bud. When the papilla is destroyed, the hair is lost. You must keep your hair buds healthy through brushing, good shampoo and sound diet.

Dr. Edmund F. Finnerty, writing in the *New England Journal of Medicine* reports about a favorable therapeutic effect of a sebulytic preparation containing sulphur, salicylic acid and a mixture of several detergents. Today, this mixture is made into a cream and soap and is available in most drug stores.

The Medical Times recently discussed another new preparation called Viderma which contains 1% concentration of WD51, a benzopyran derivative obtained from a plant. When used upon persons with abnormal falling of hair, more than 50% of these were able to have the loss halted, reduction in dandruff and soon had attractive regrowth. This preparation, when administered by your doctor, may be helpful in your particular condition.

William Bolton, M.D., of the Bureau of Health Education of the *AMA* points out, "The appearance of your hair is closely related to your general physical condition. There is no external application that will 'feed' your hair or make it grow more rapidly. Growth rate is slightly more rapid in warm water. It slows with advancing age. If you don't eat enough of a balanced diet, if you cheat on your rest or are chronically ill, you can expect dry, lusterless, thinning hair. Health, combined with cleanliness, is the foundation of an attractive head of hair!"





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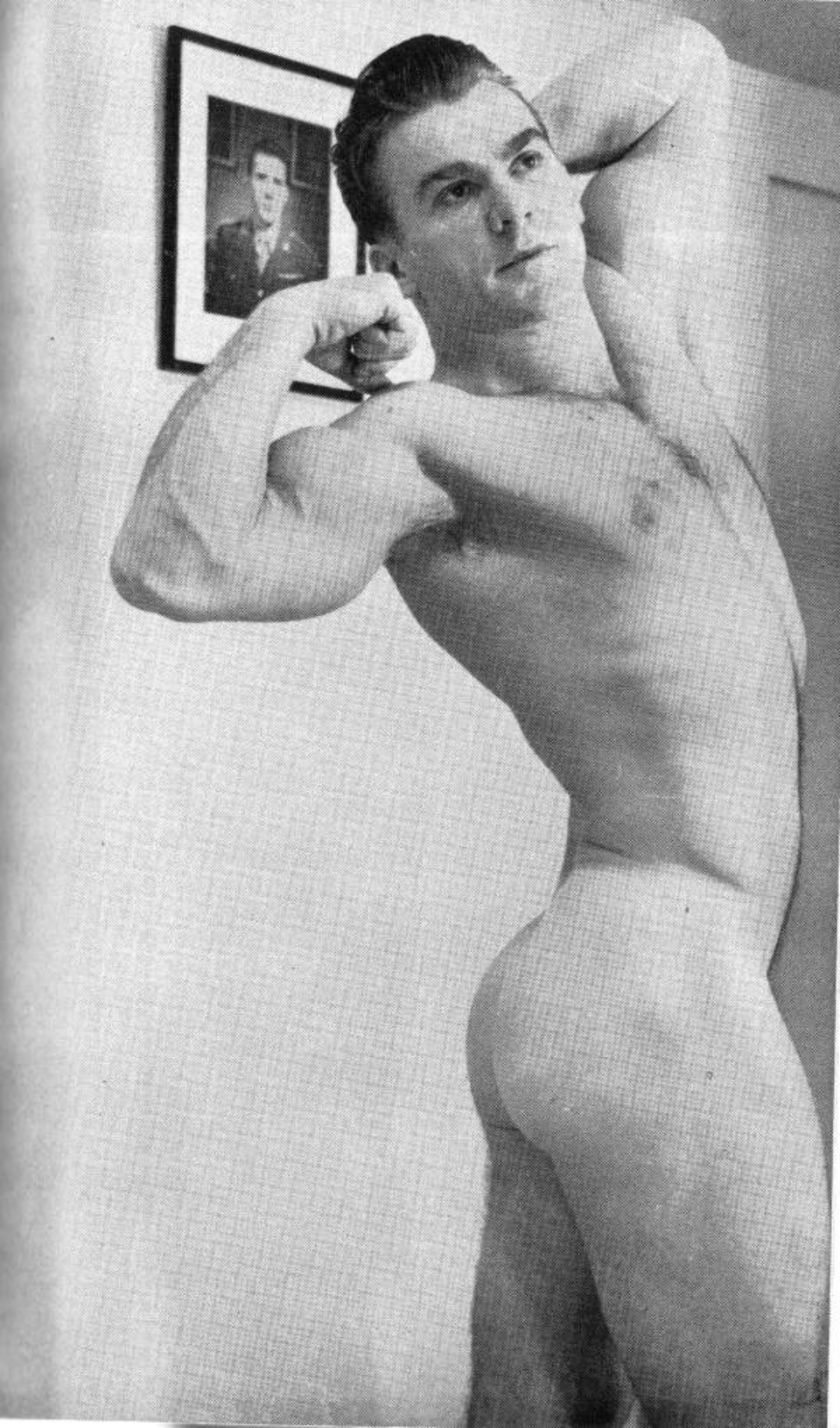

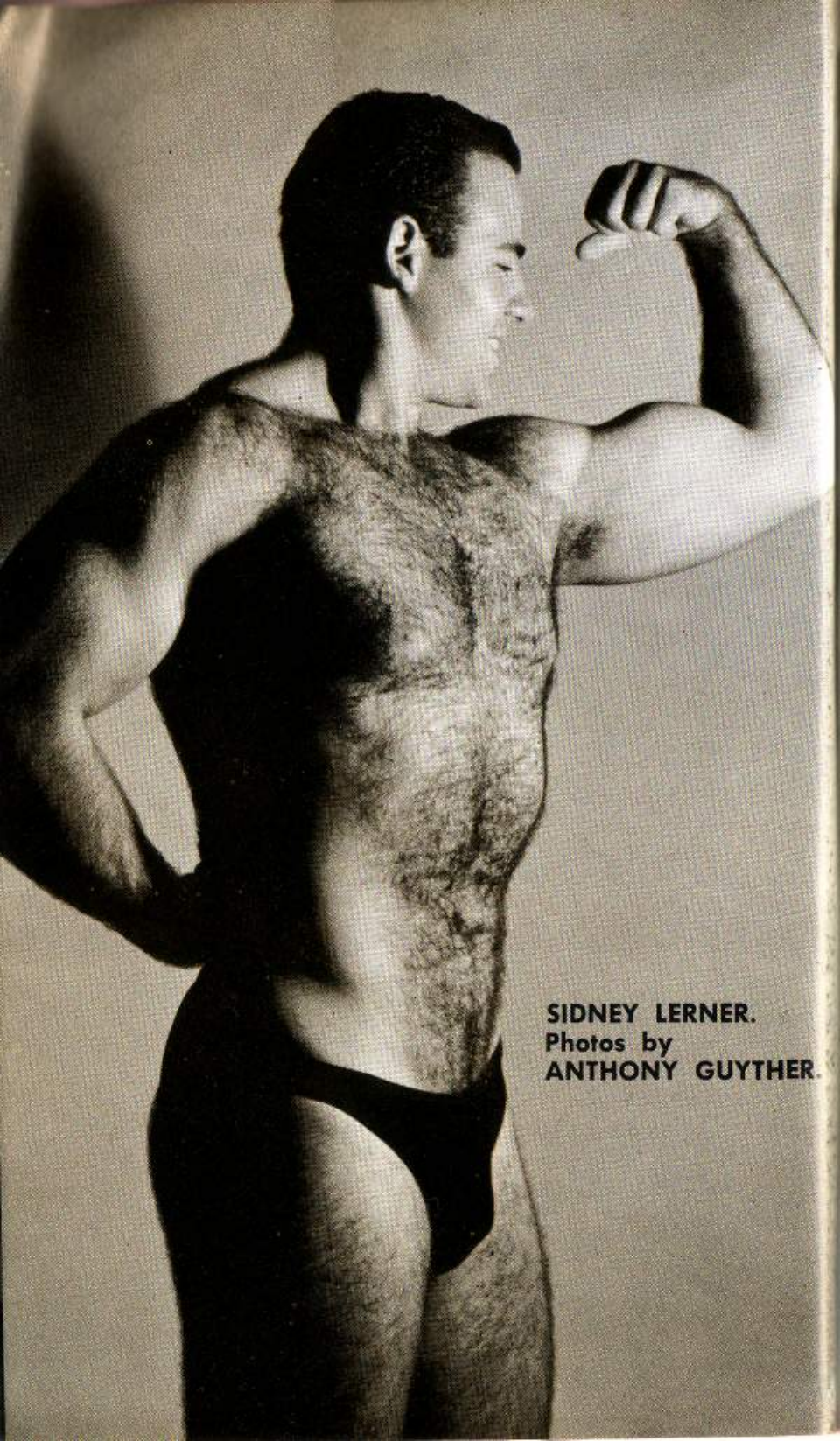
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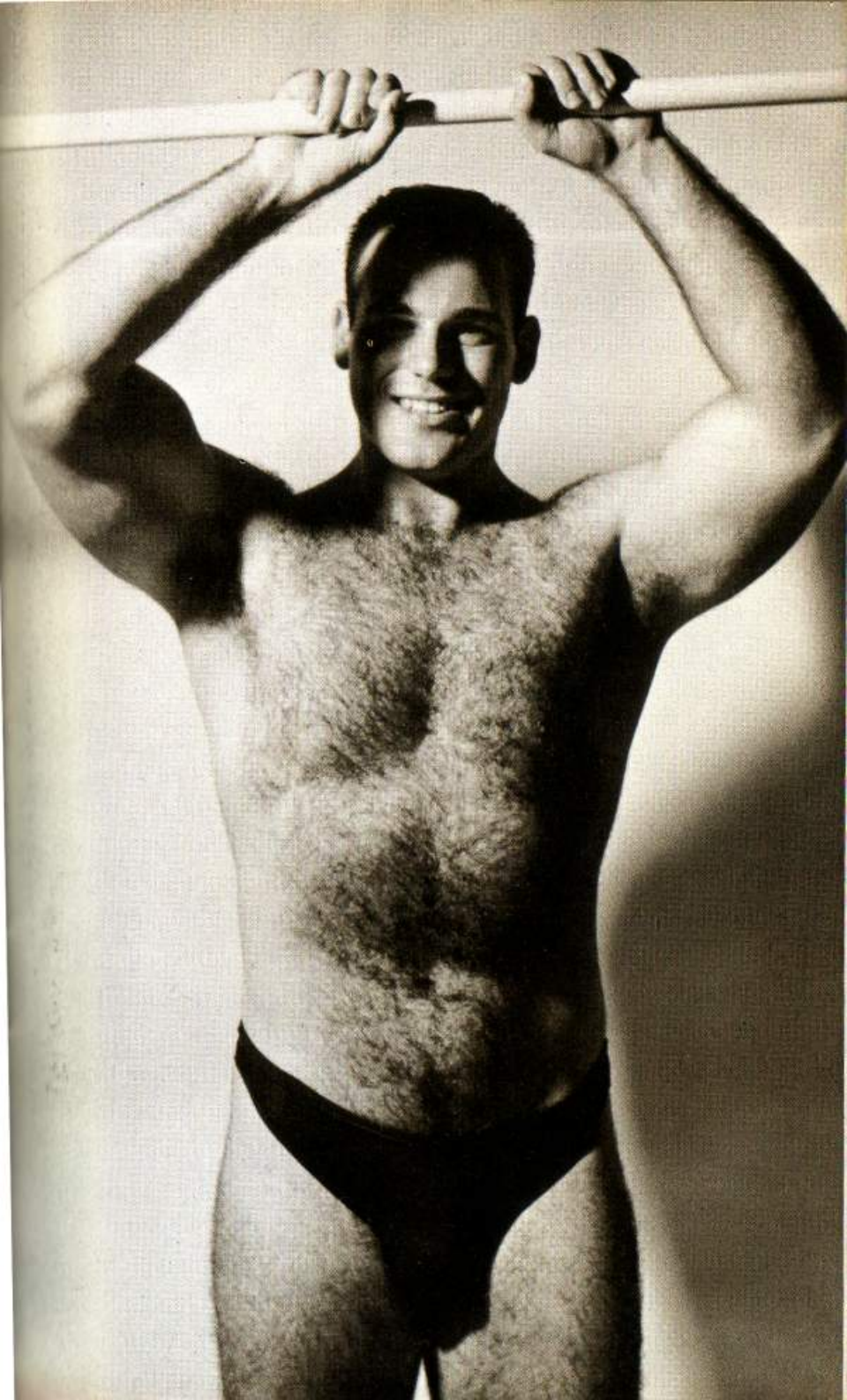

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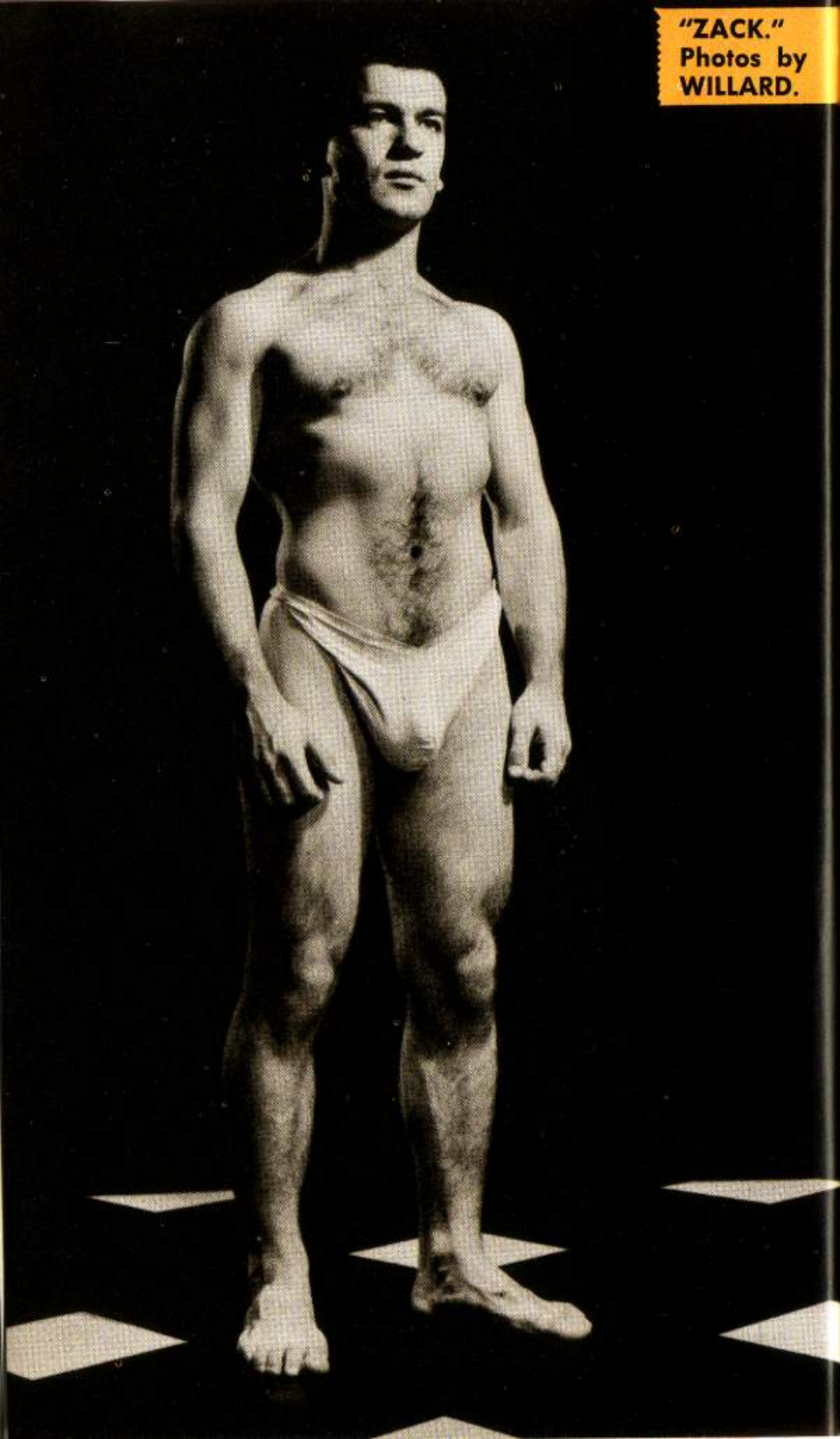
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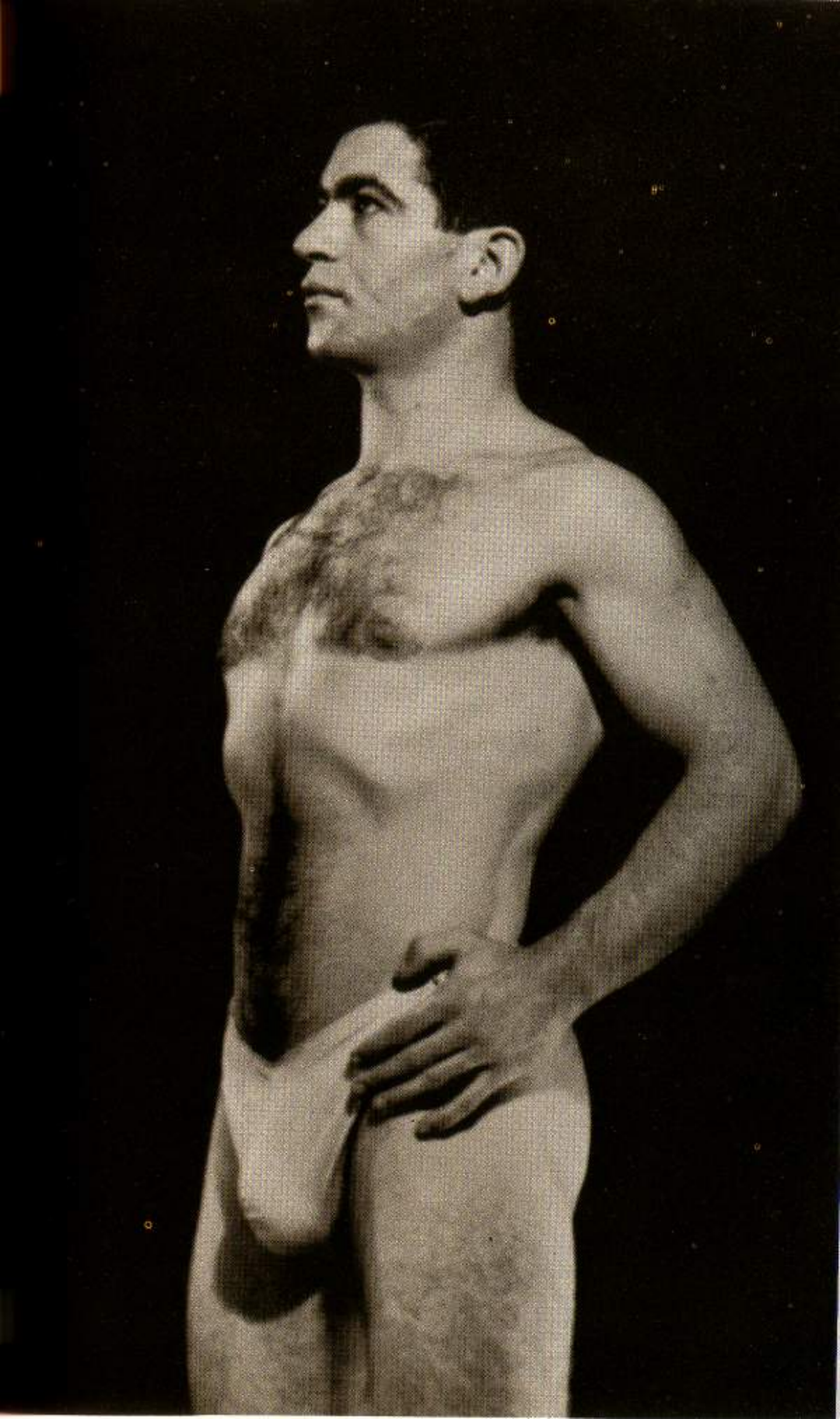

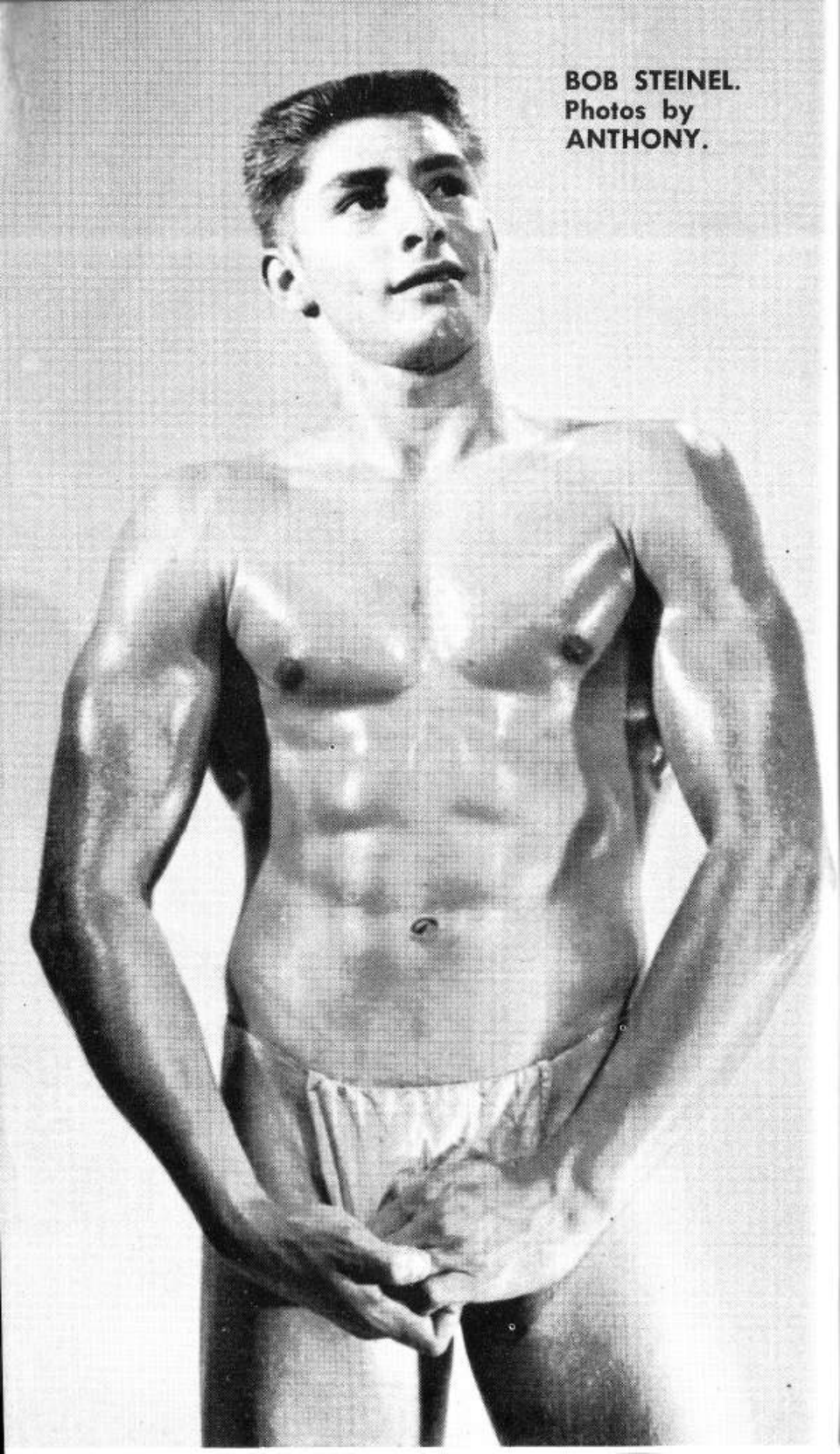
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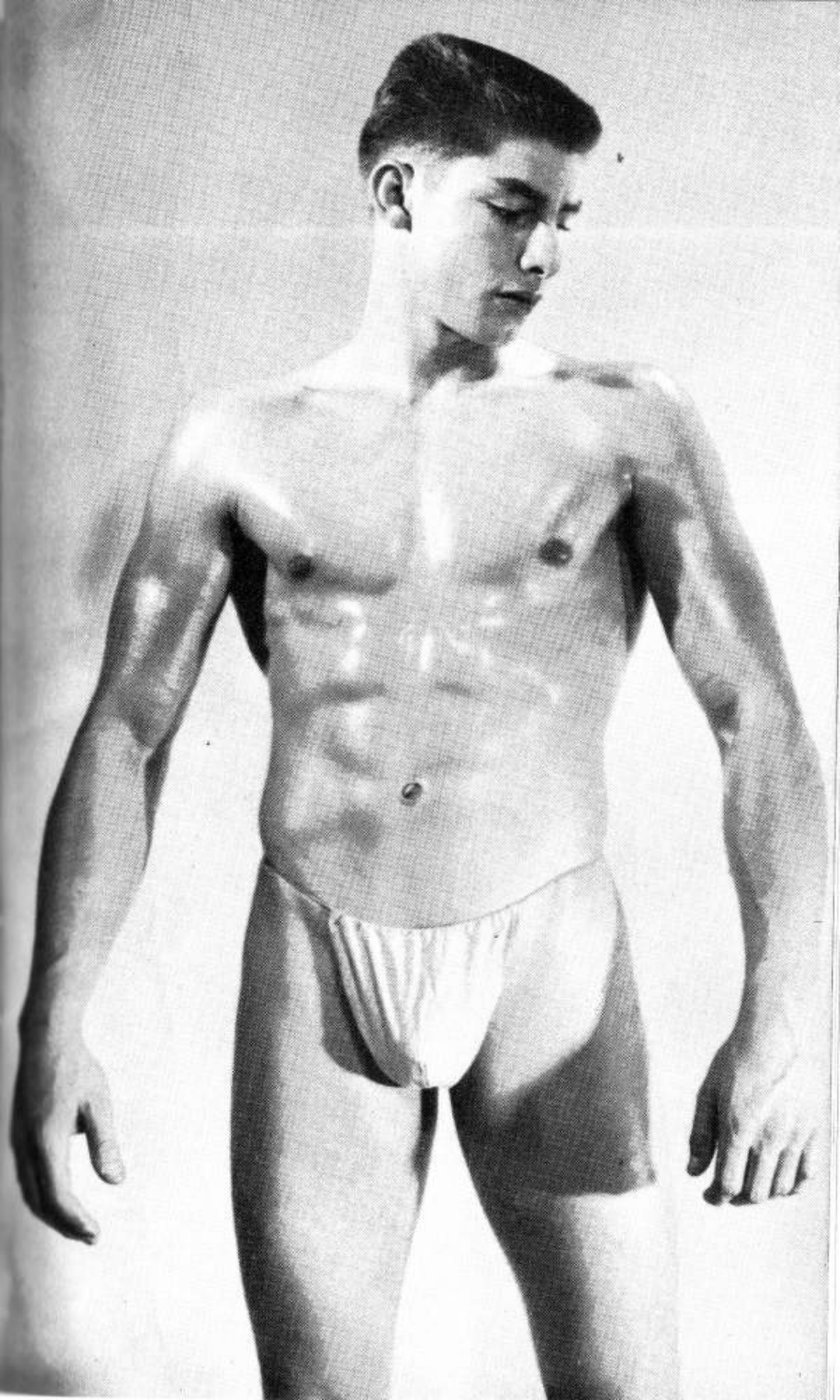

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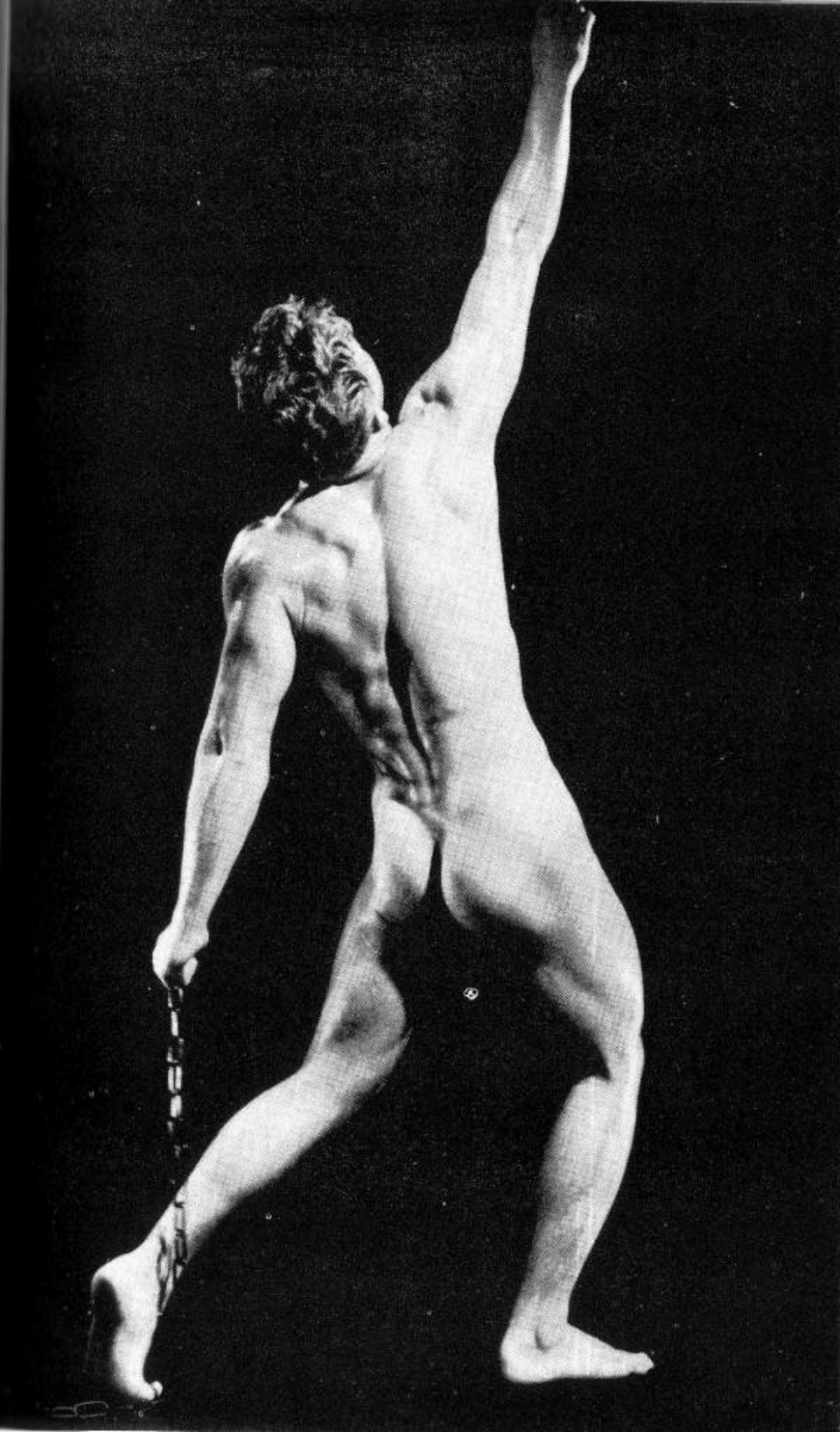

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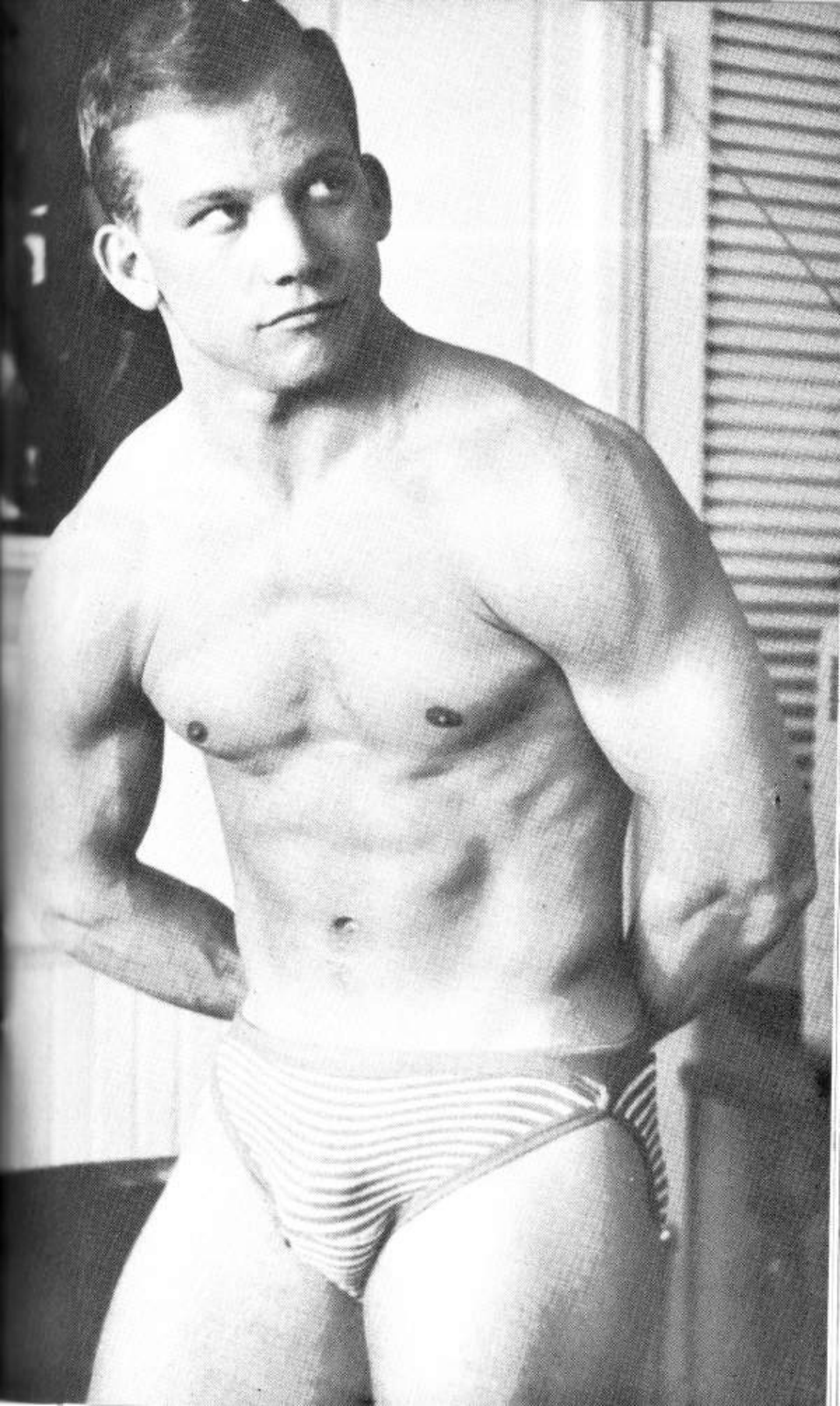

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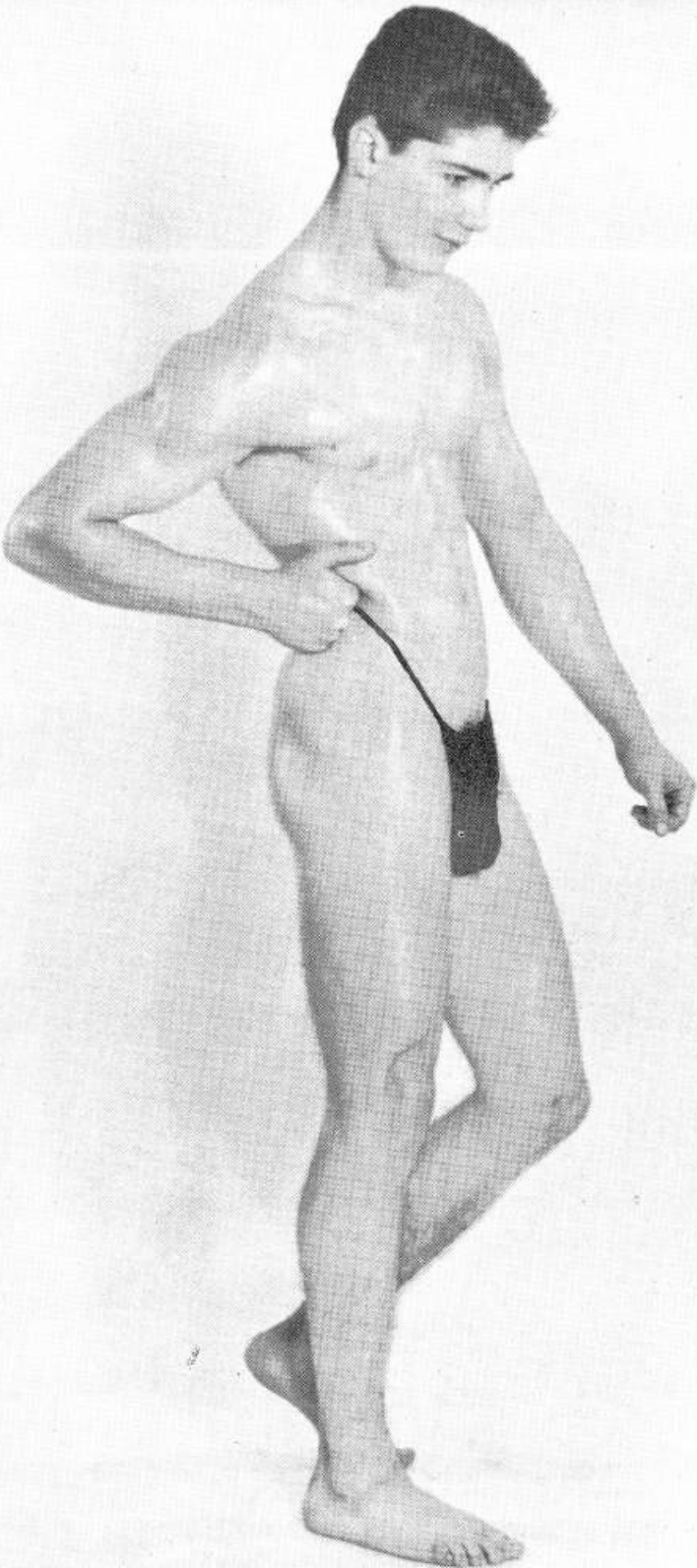

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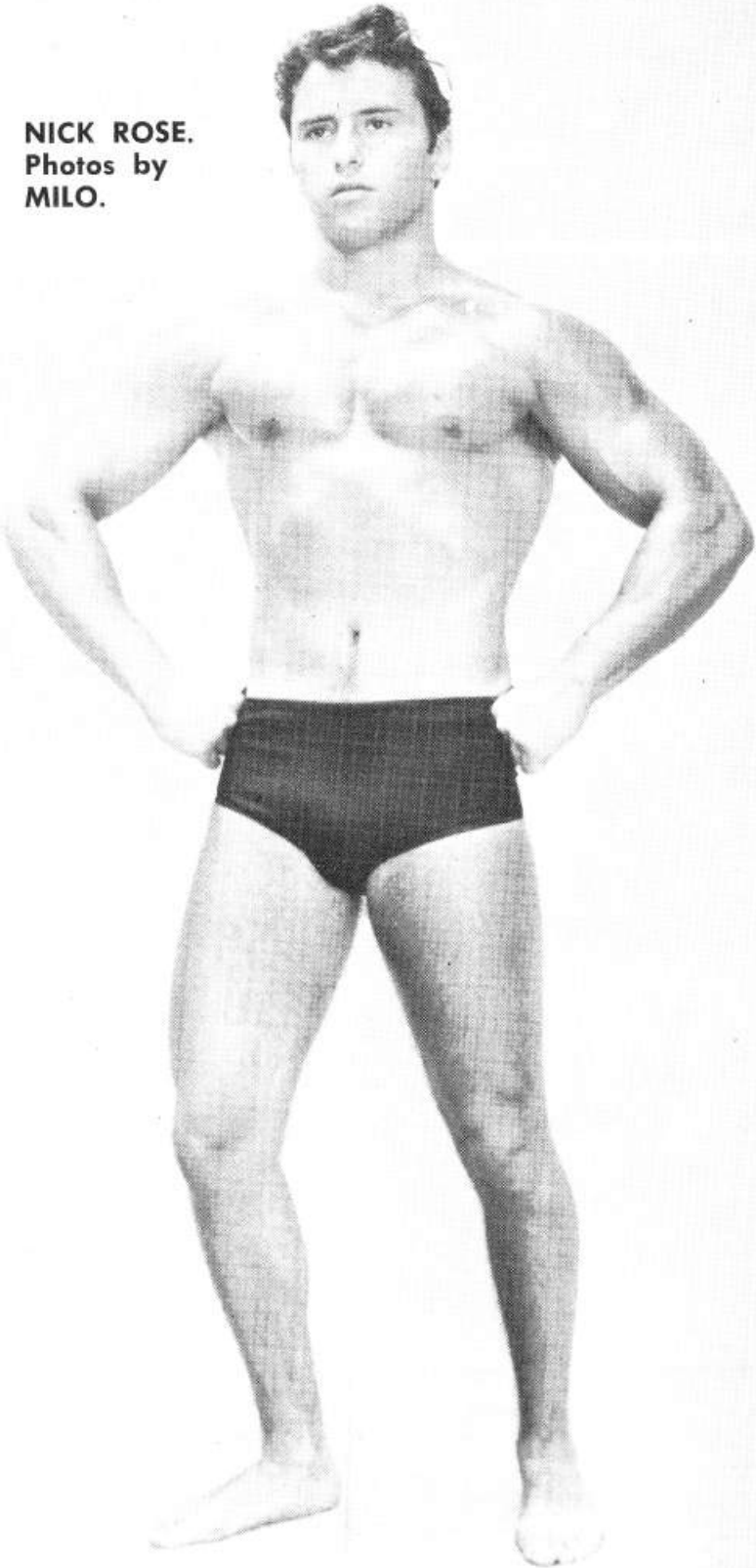

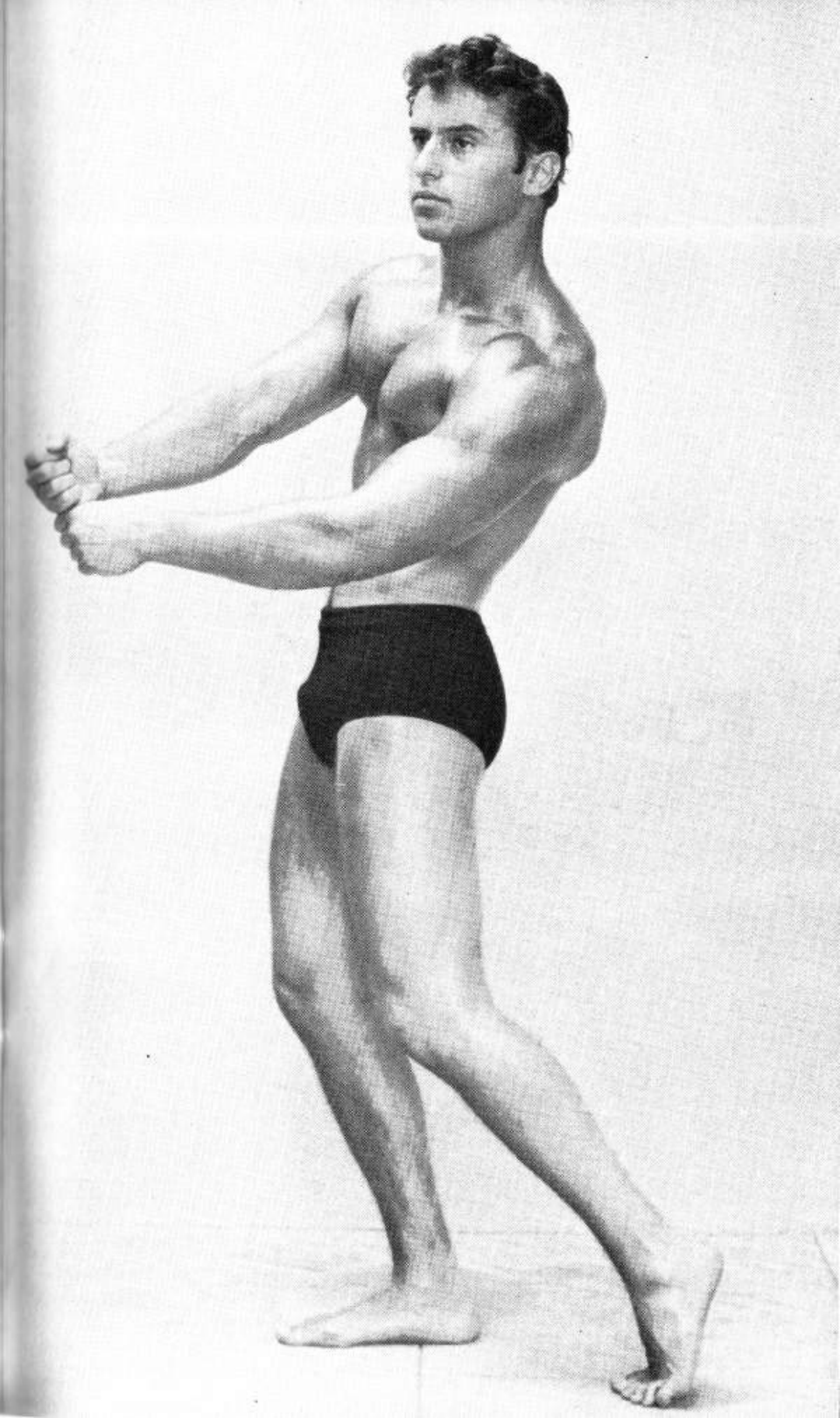

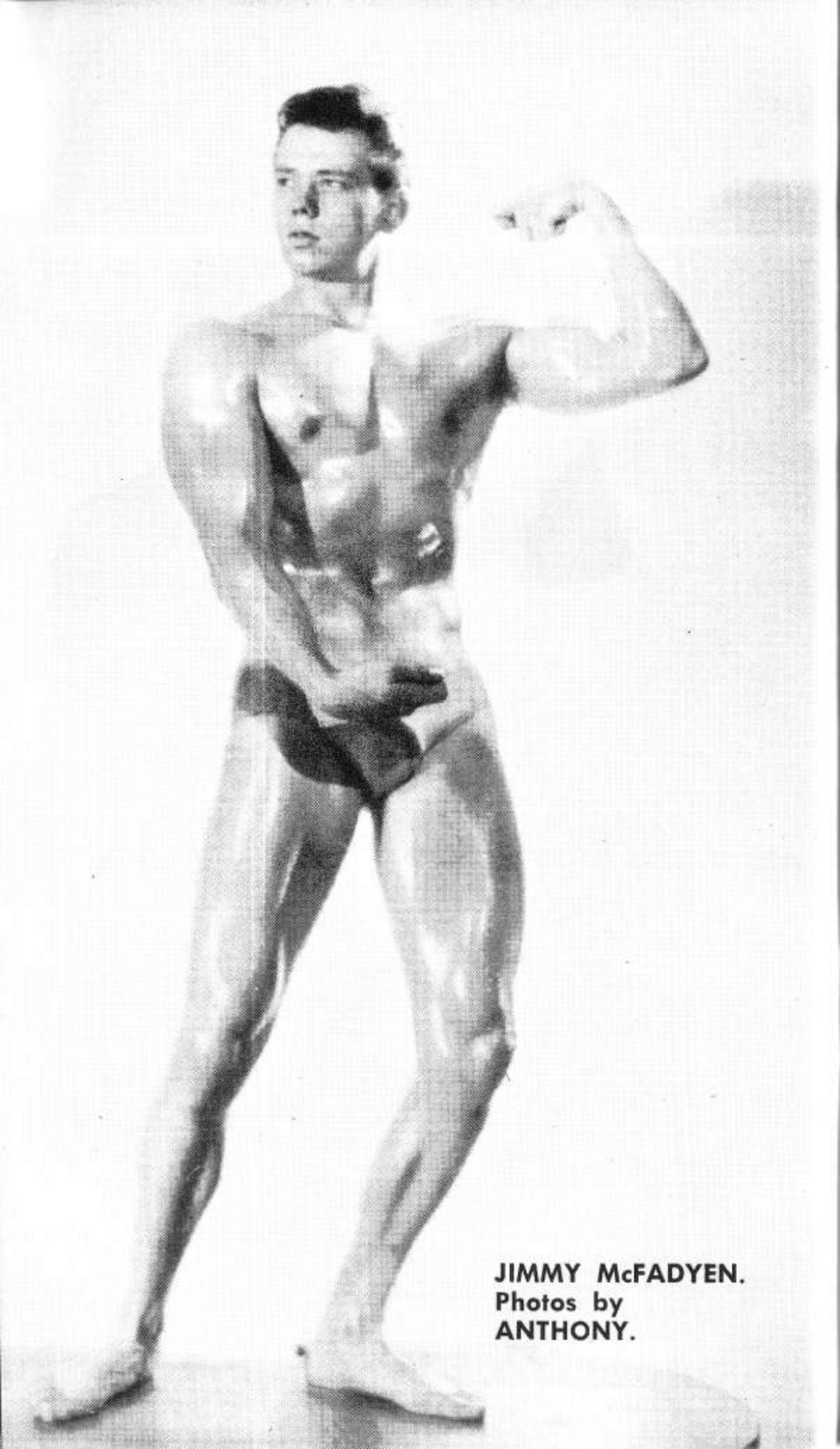

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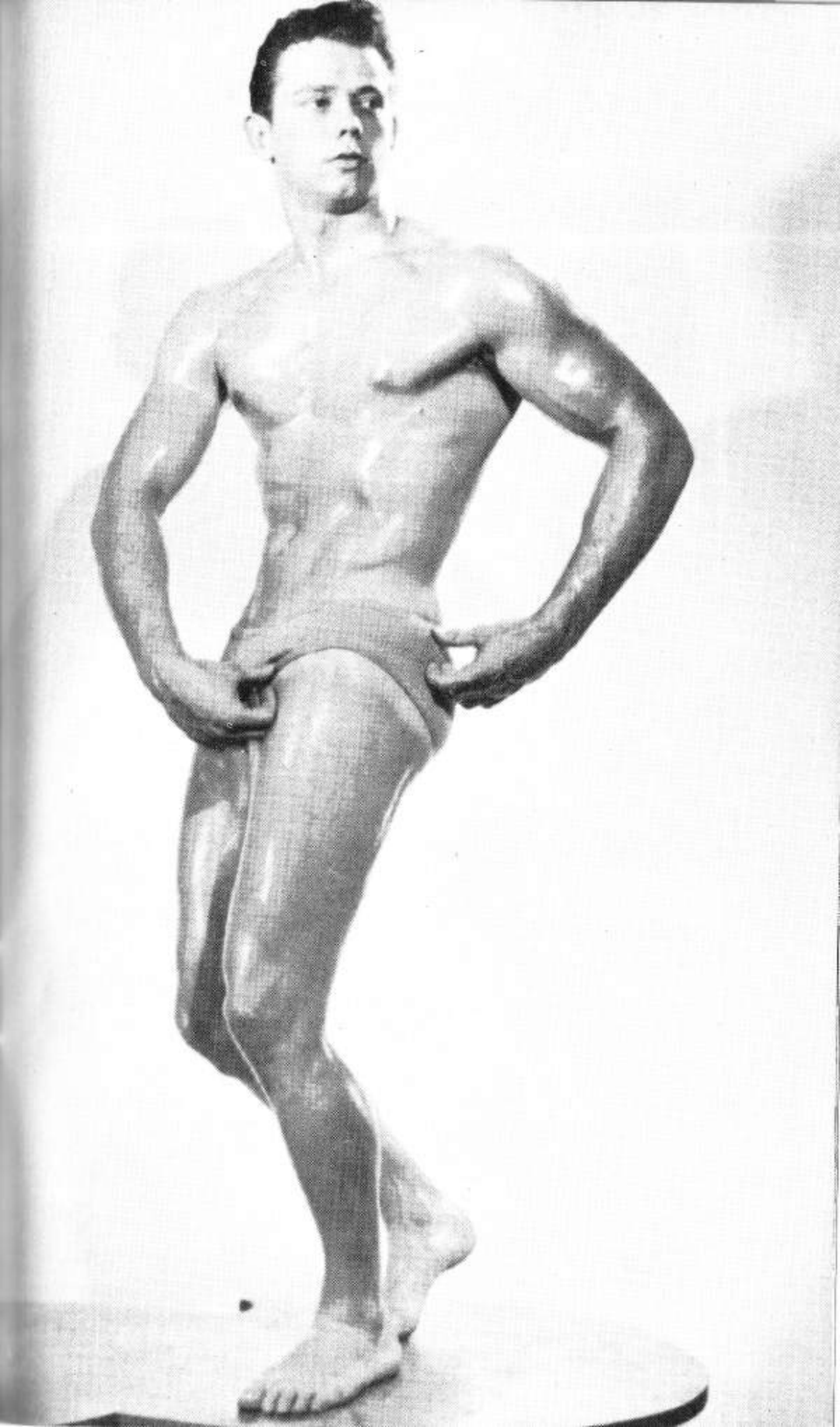

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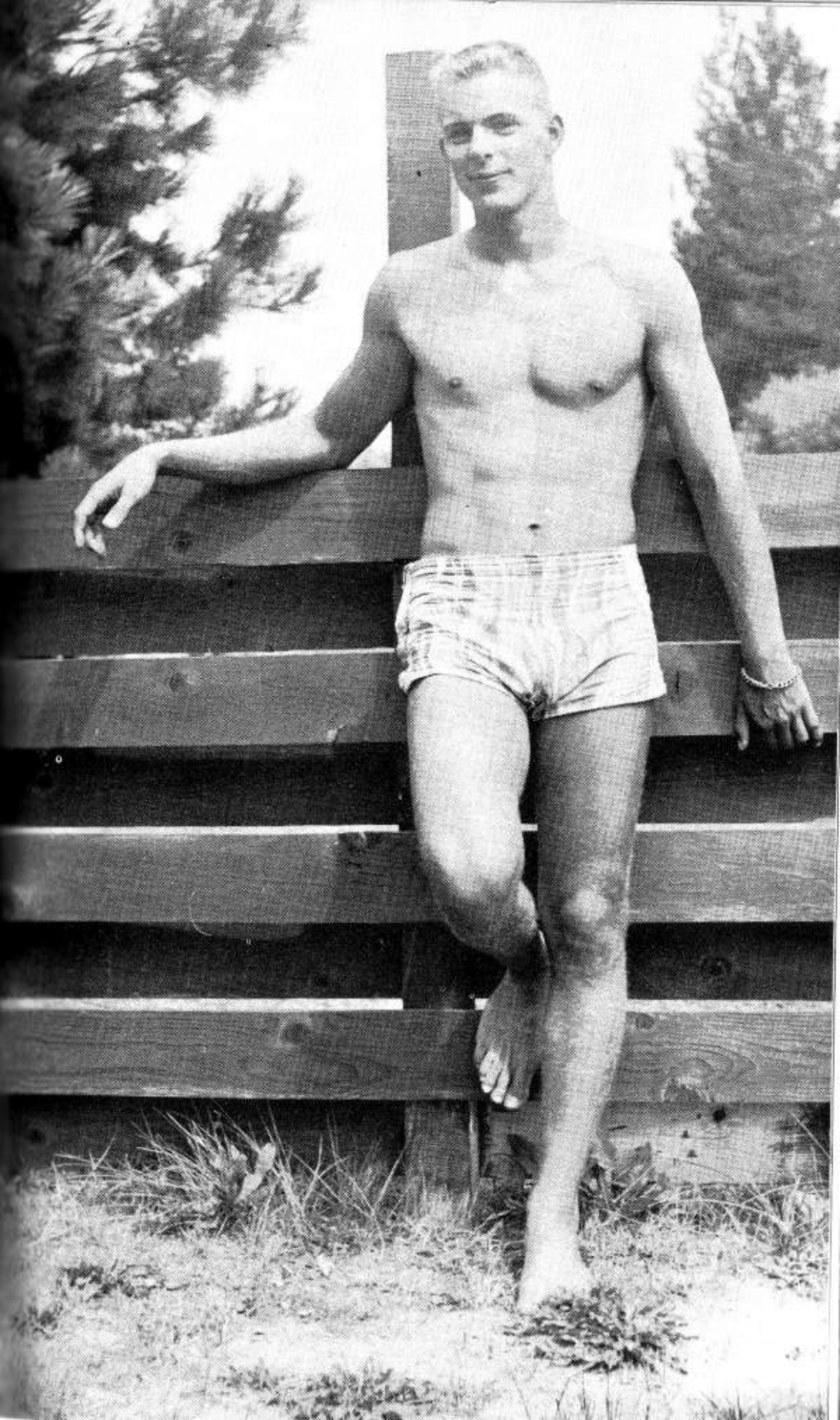

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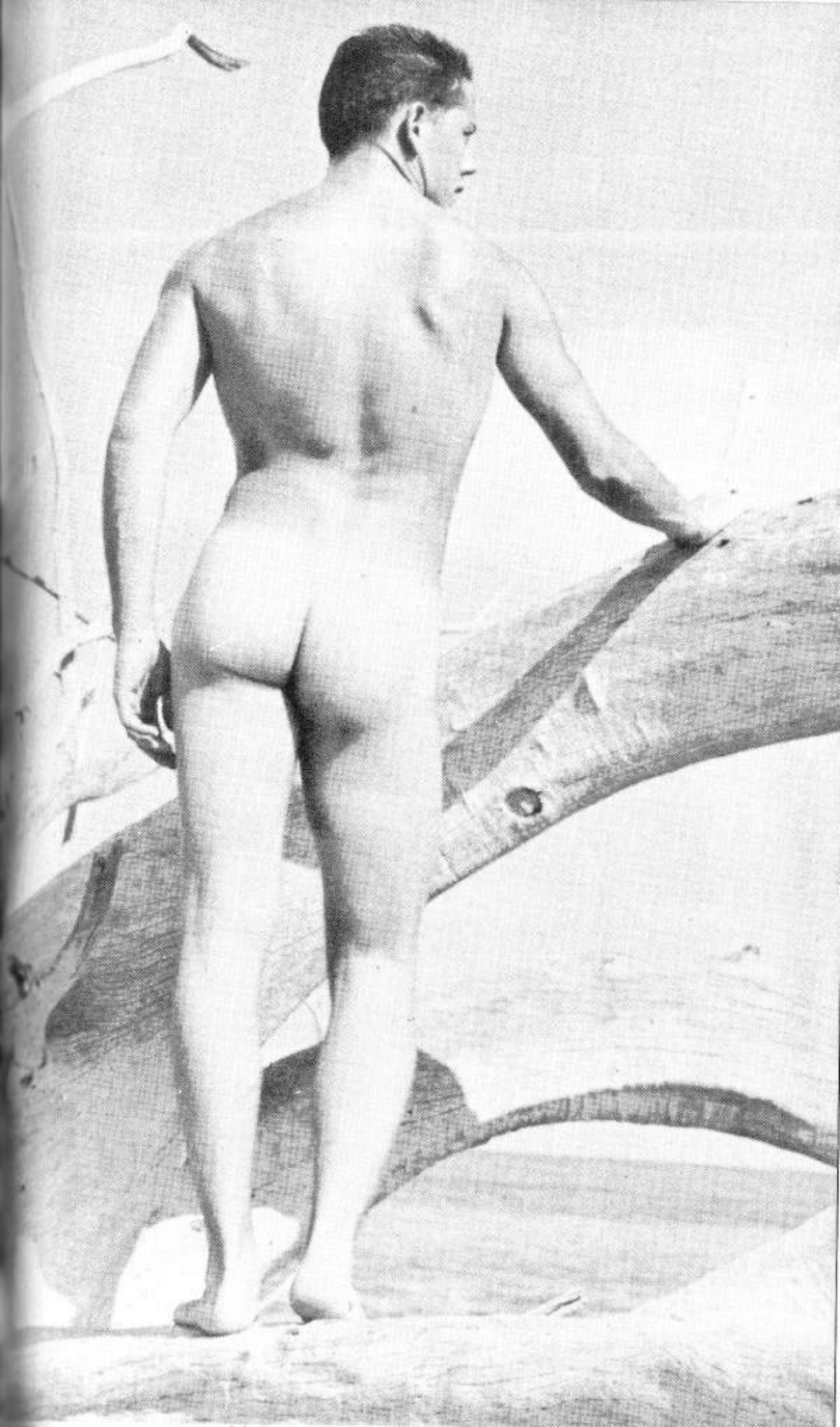

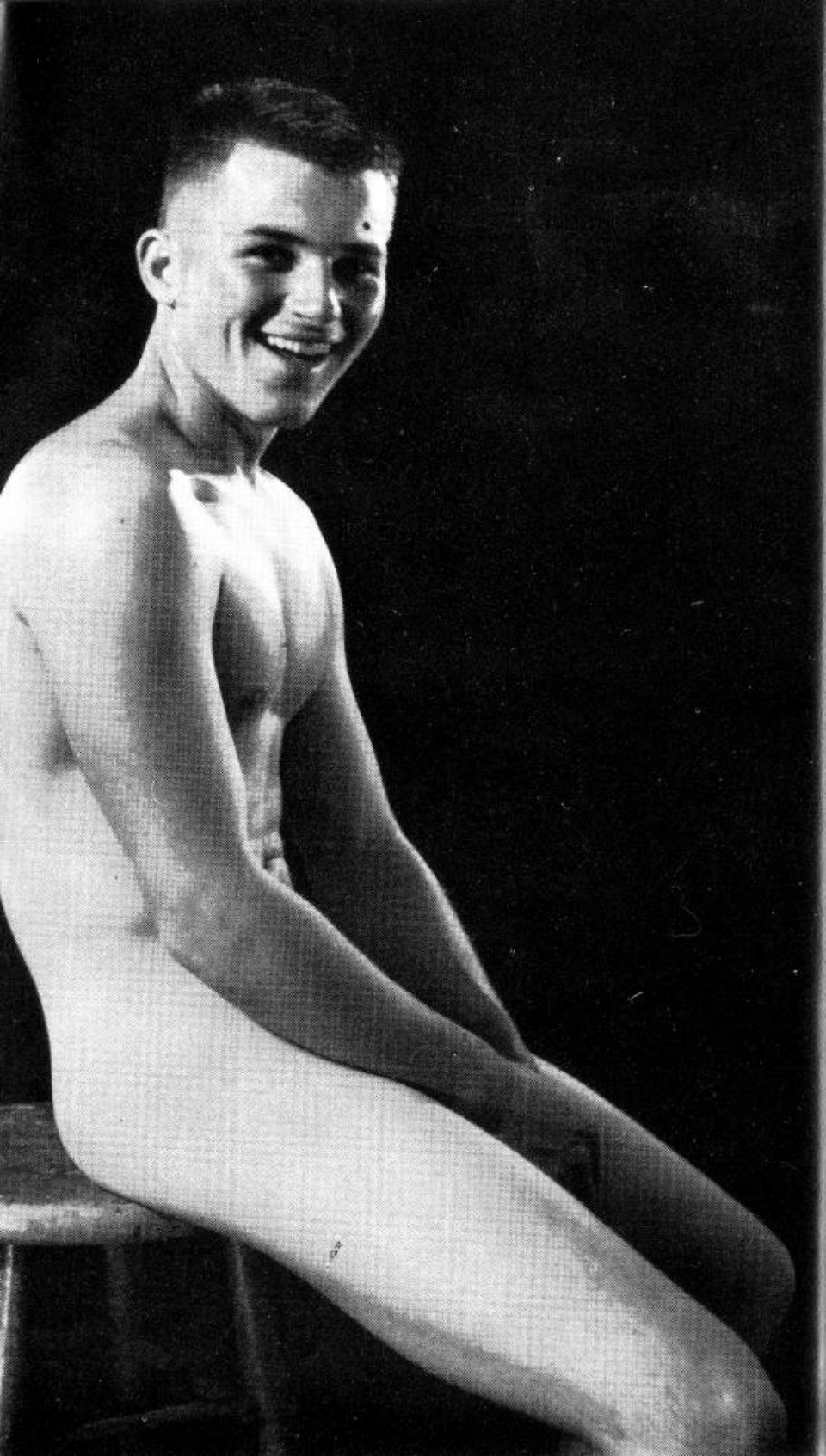

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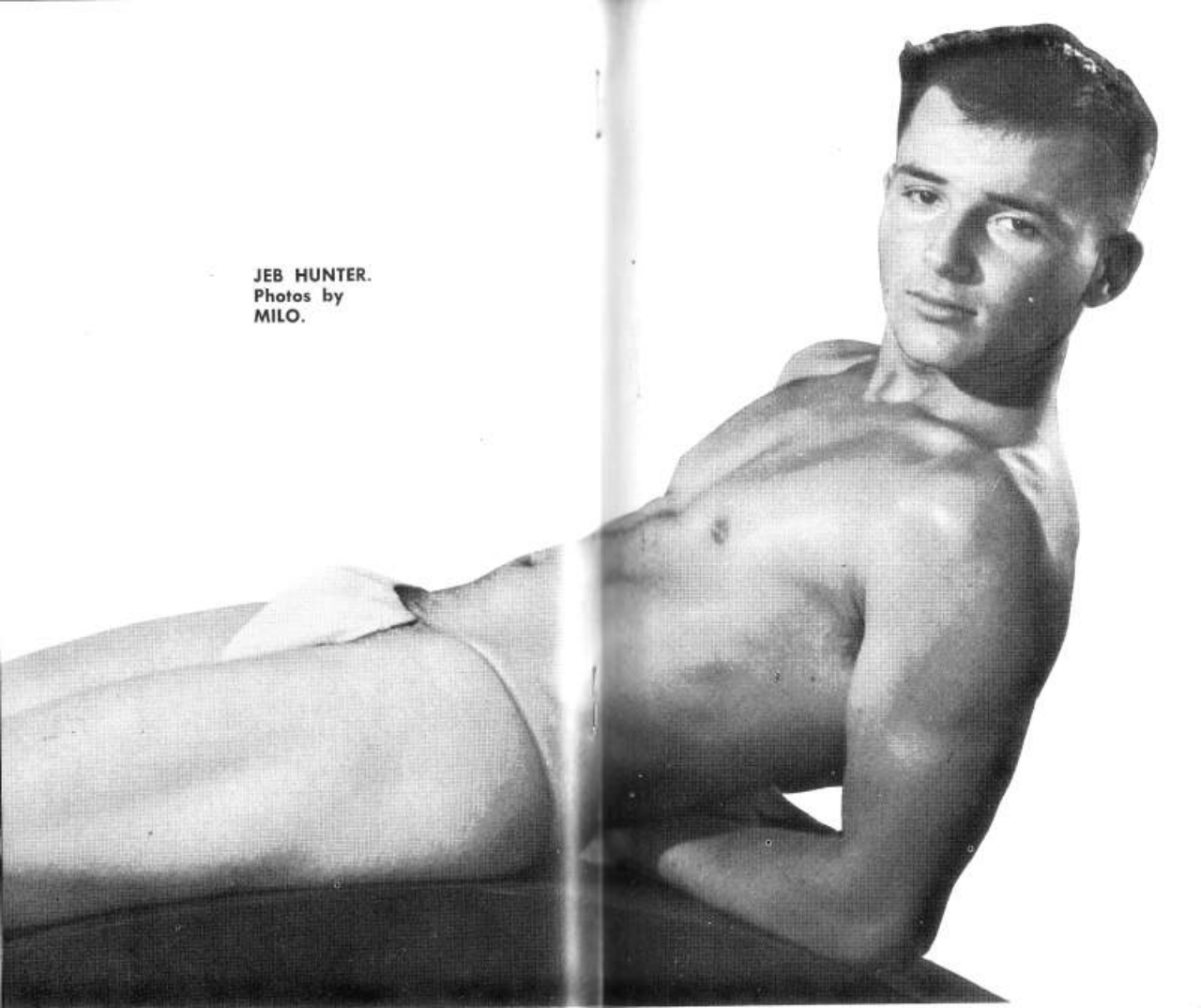

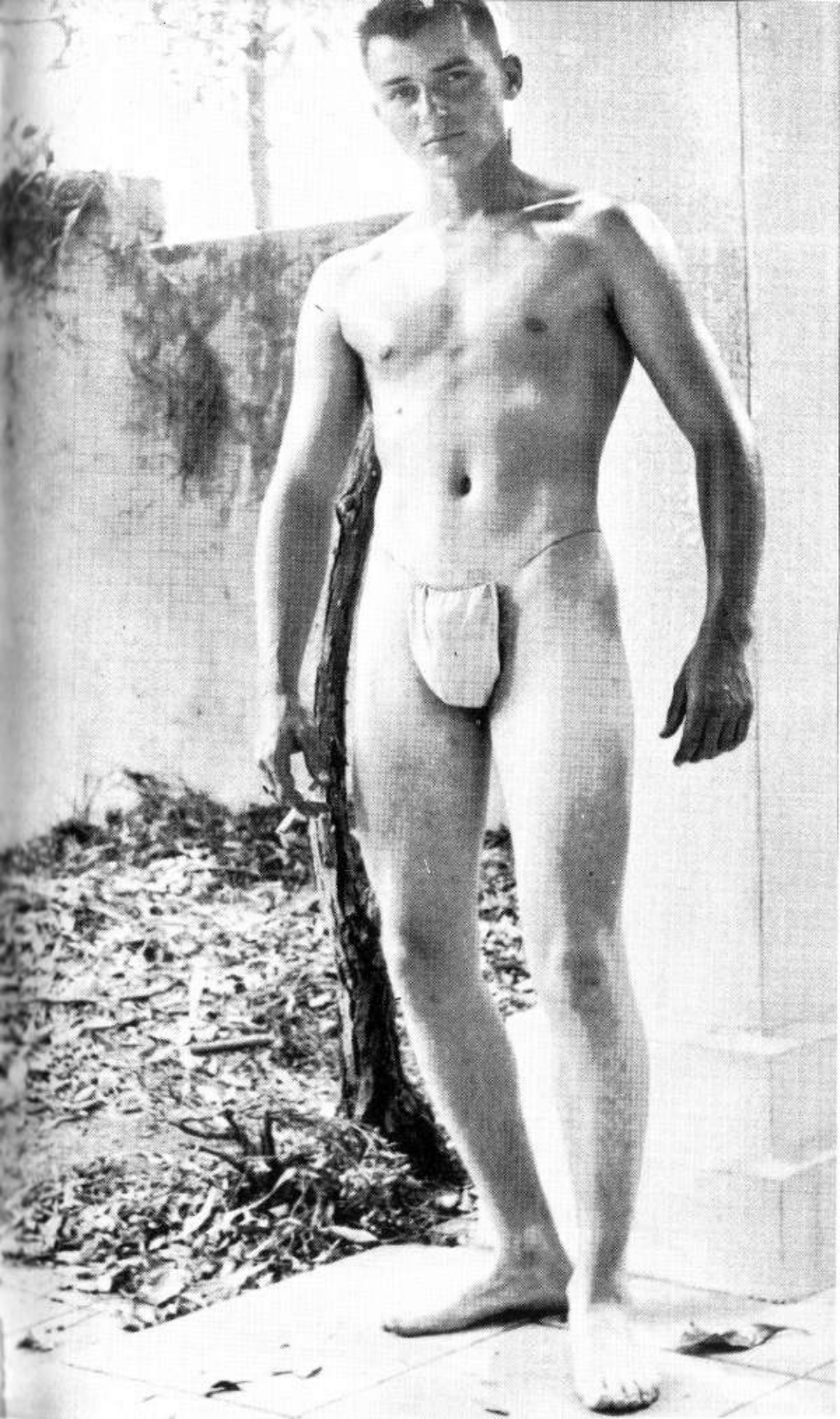

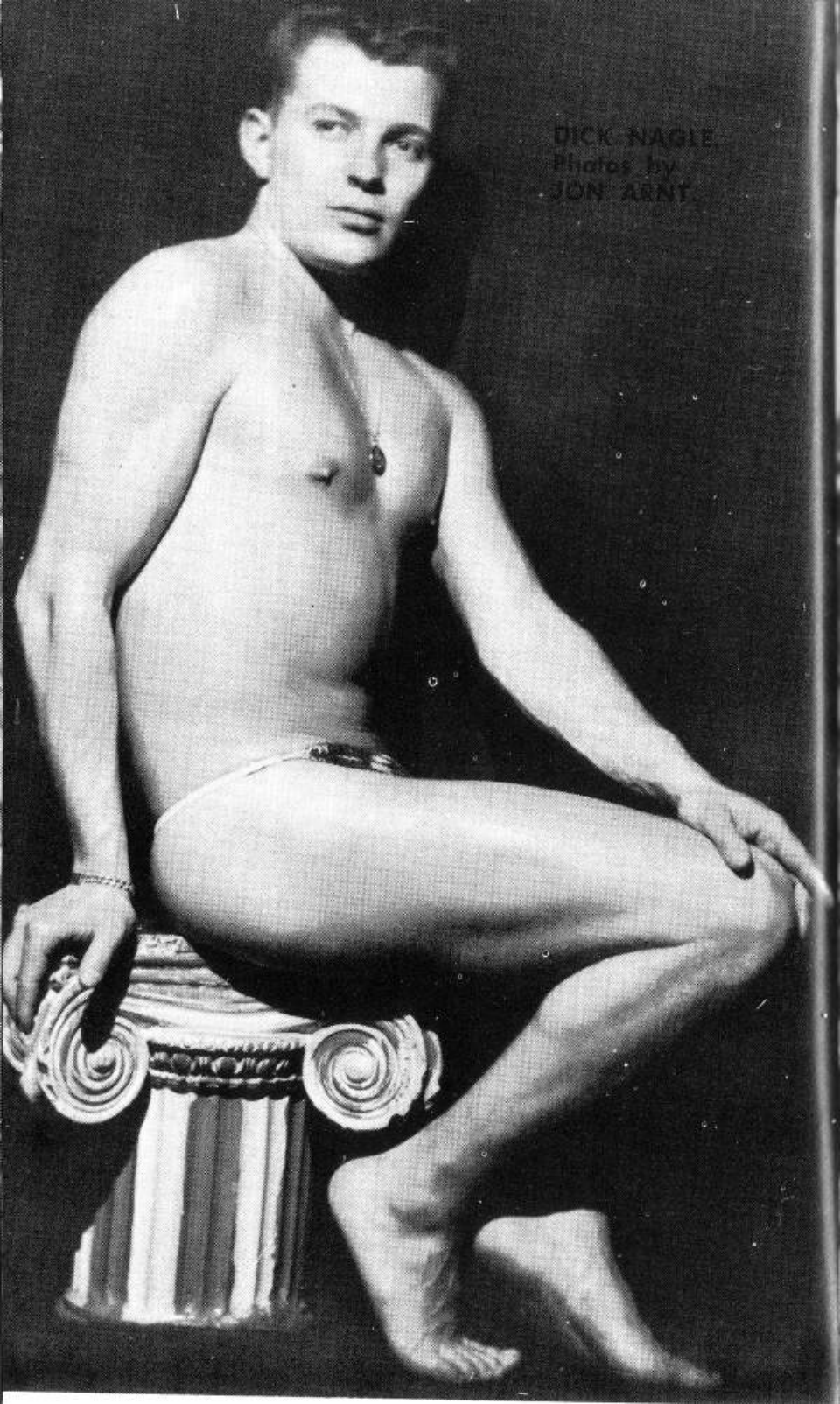
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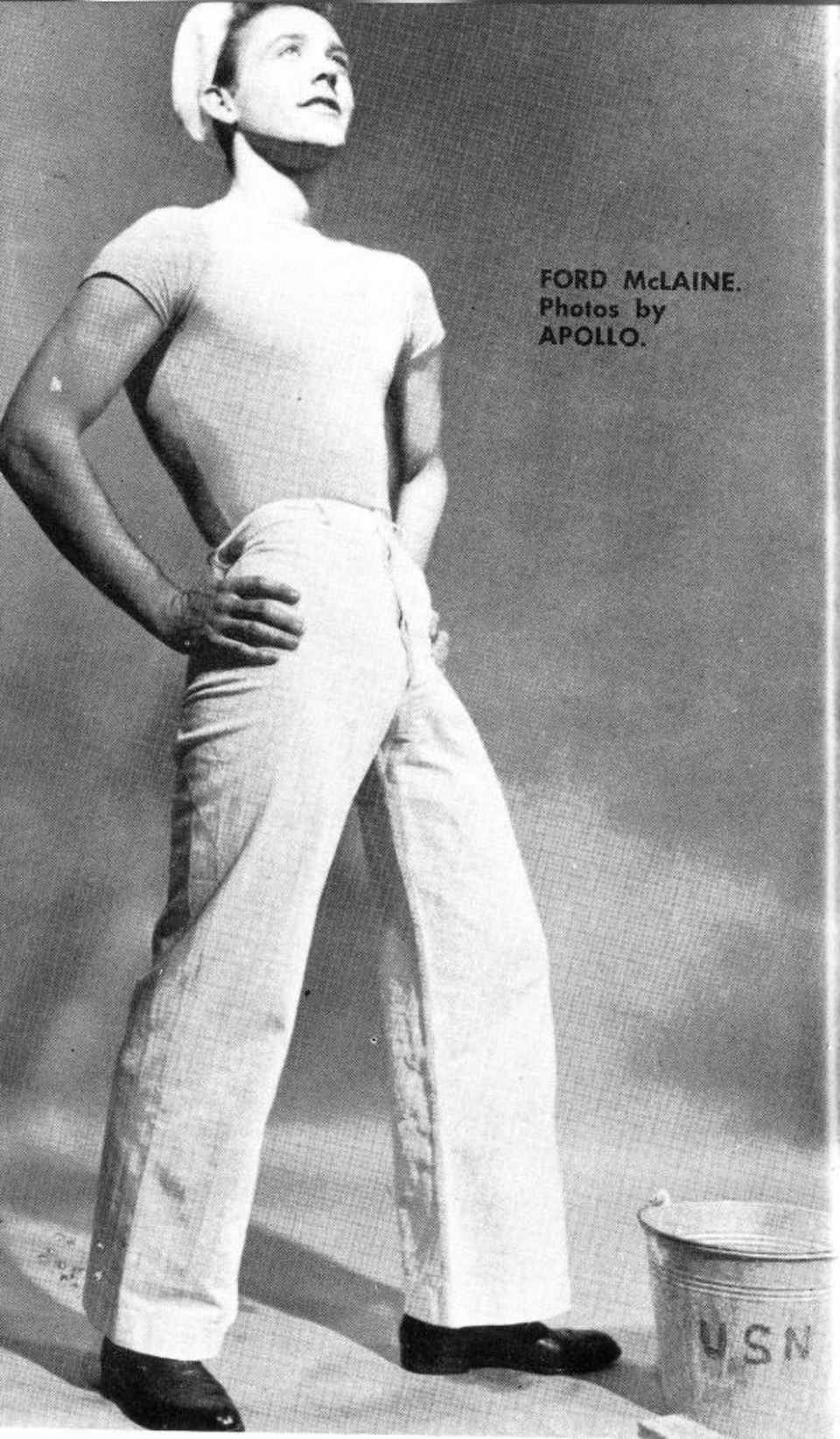
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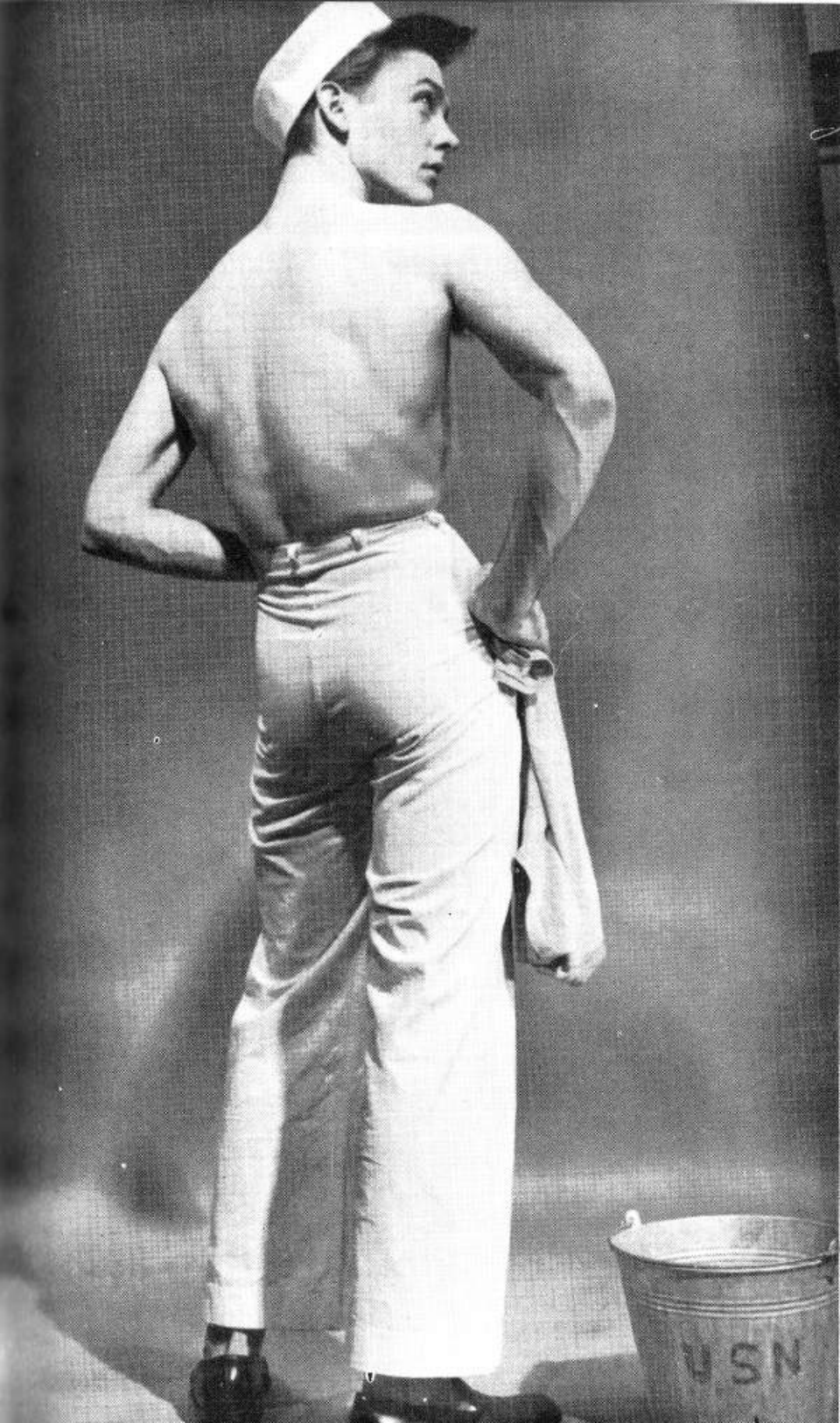
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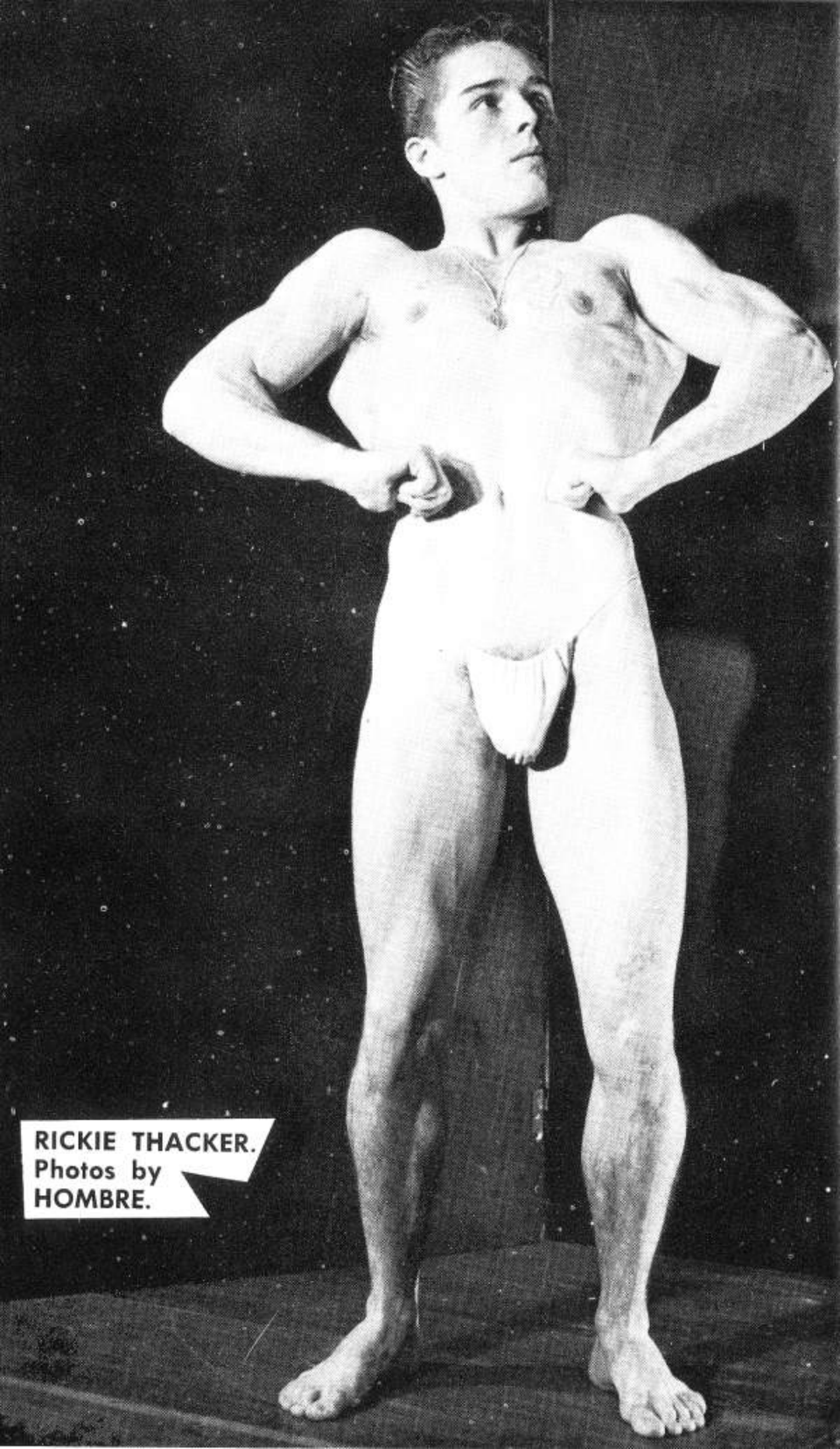
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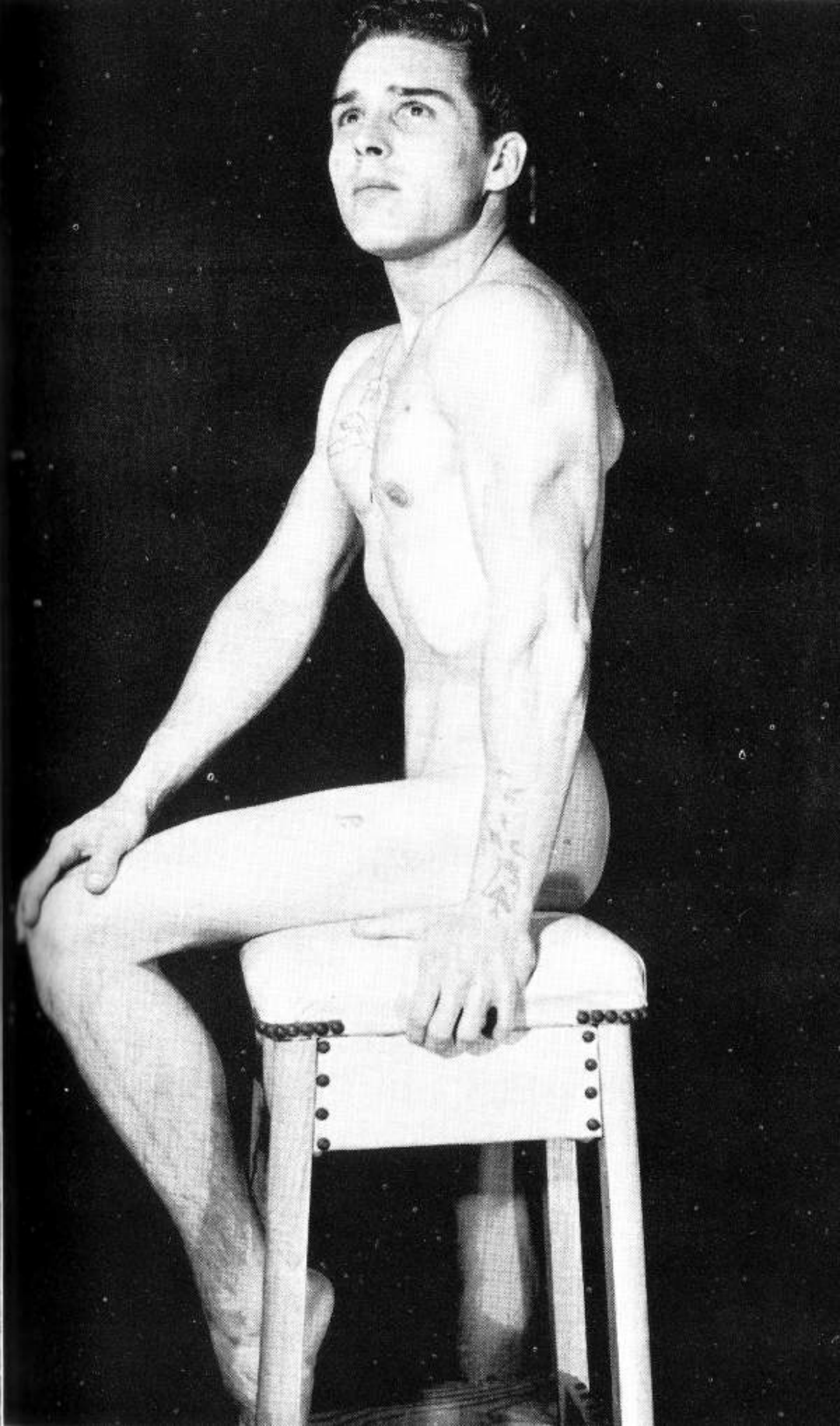

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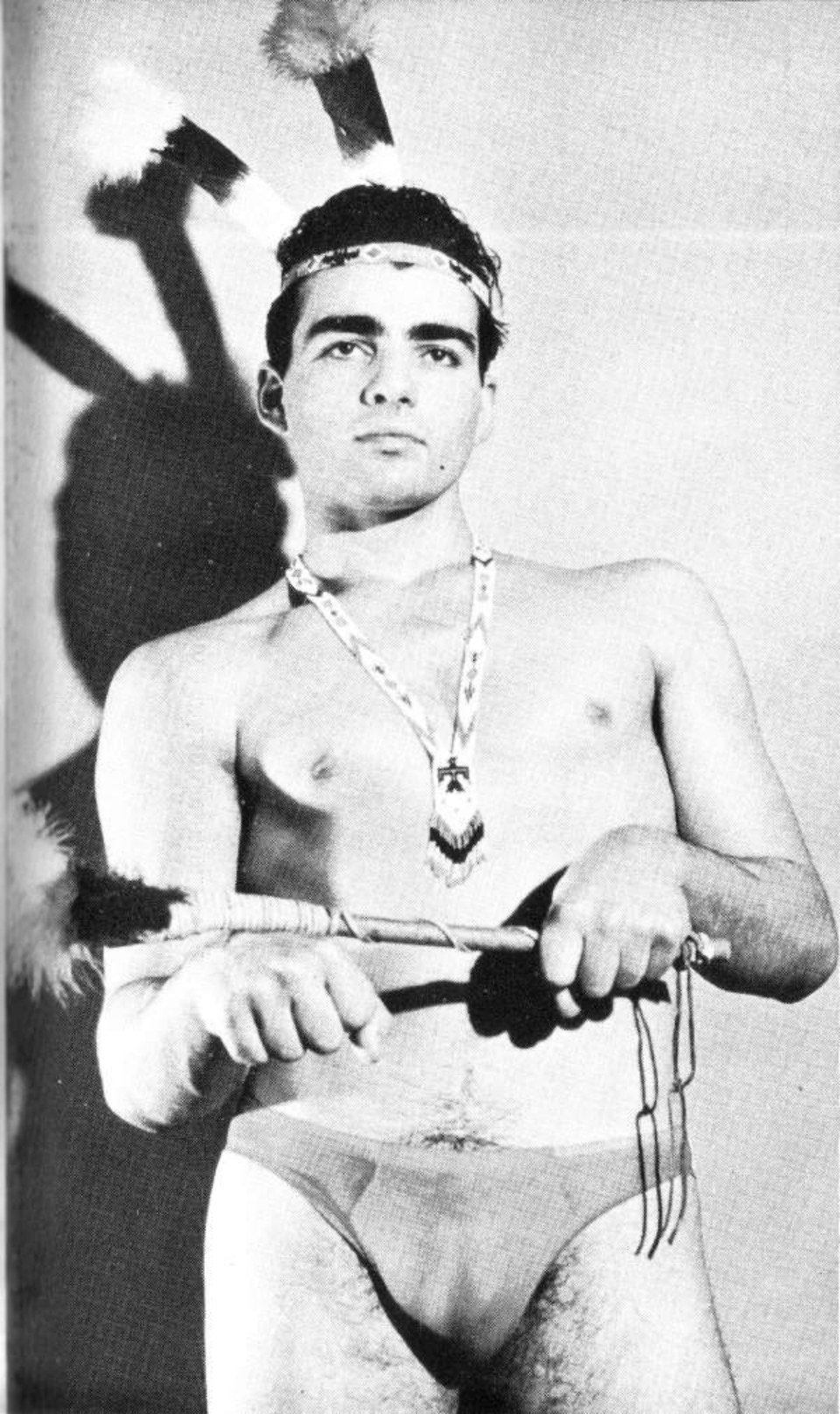

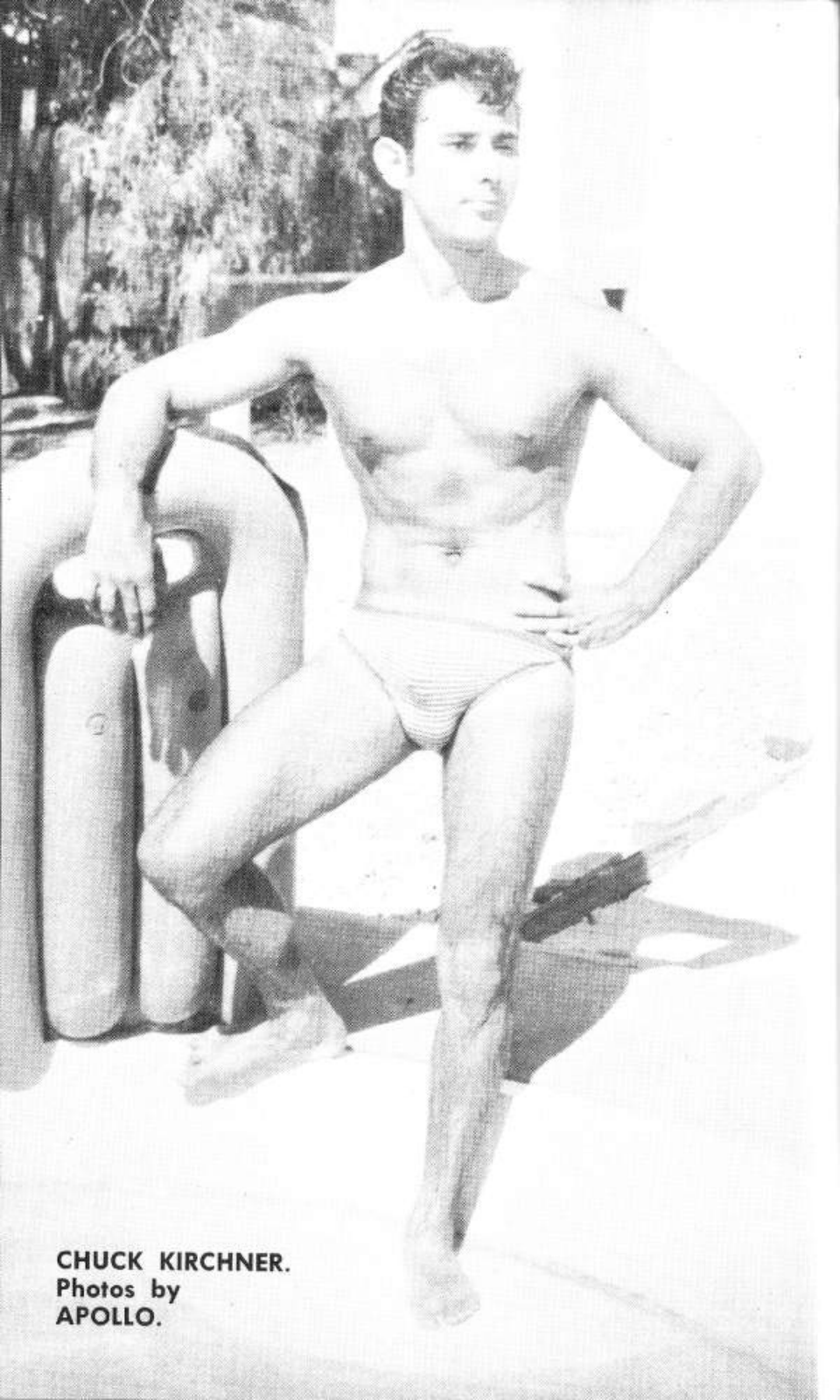

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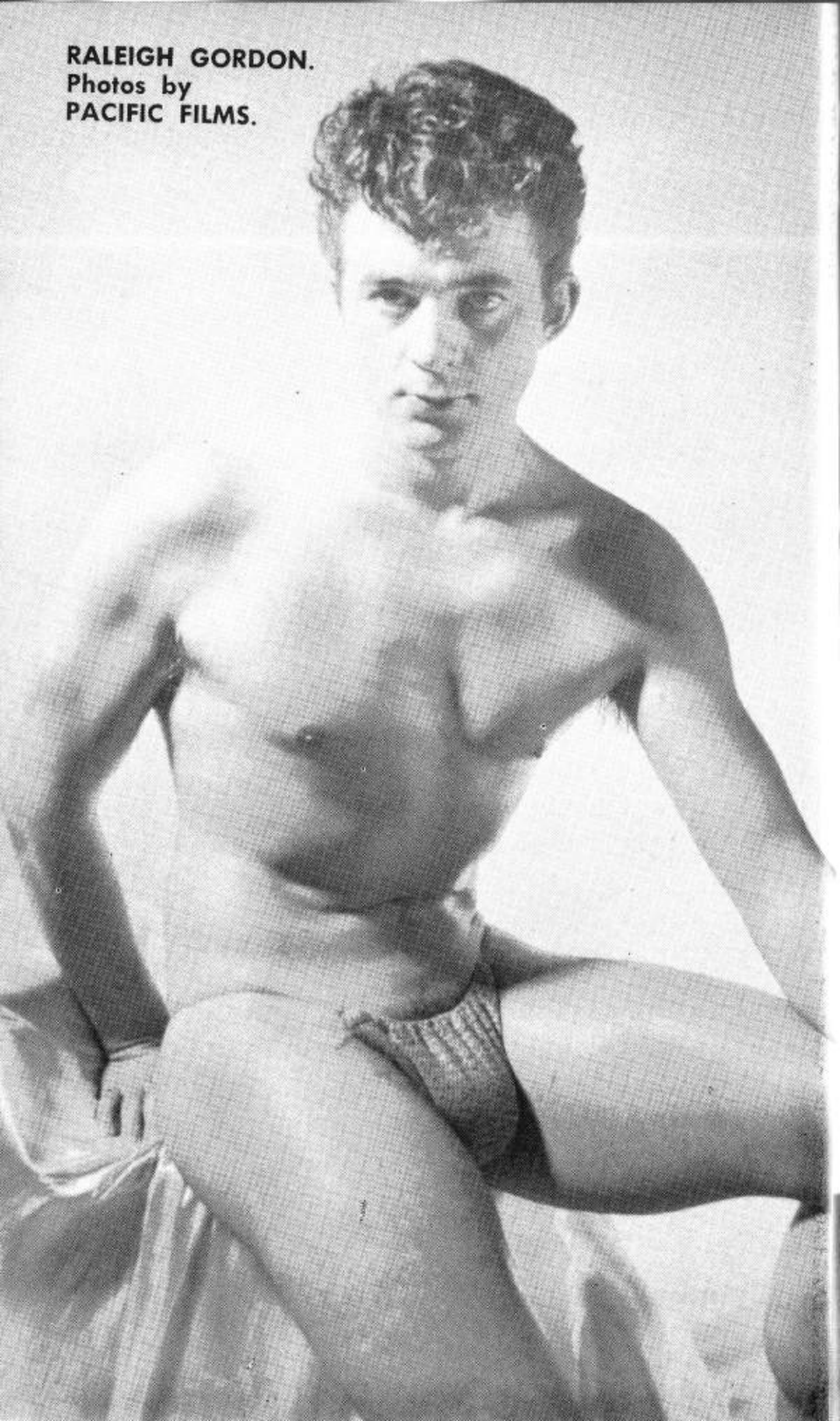
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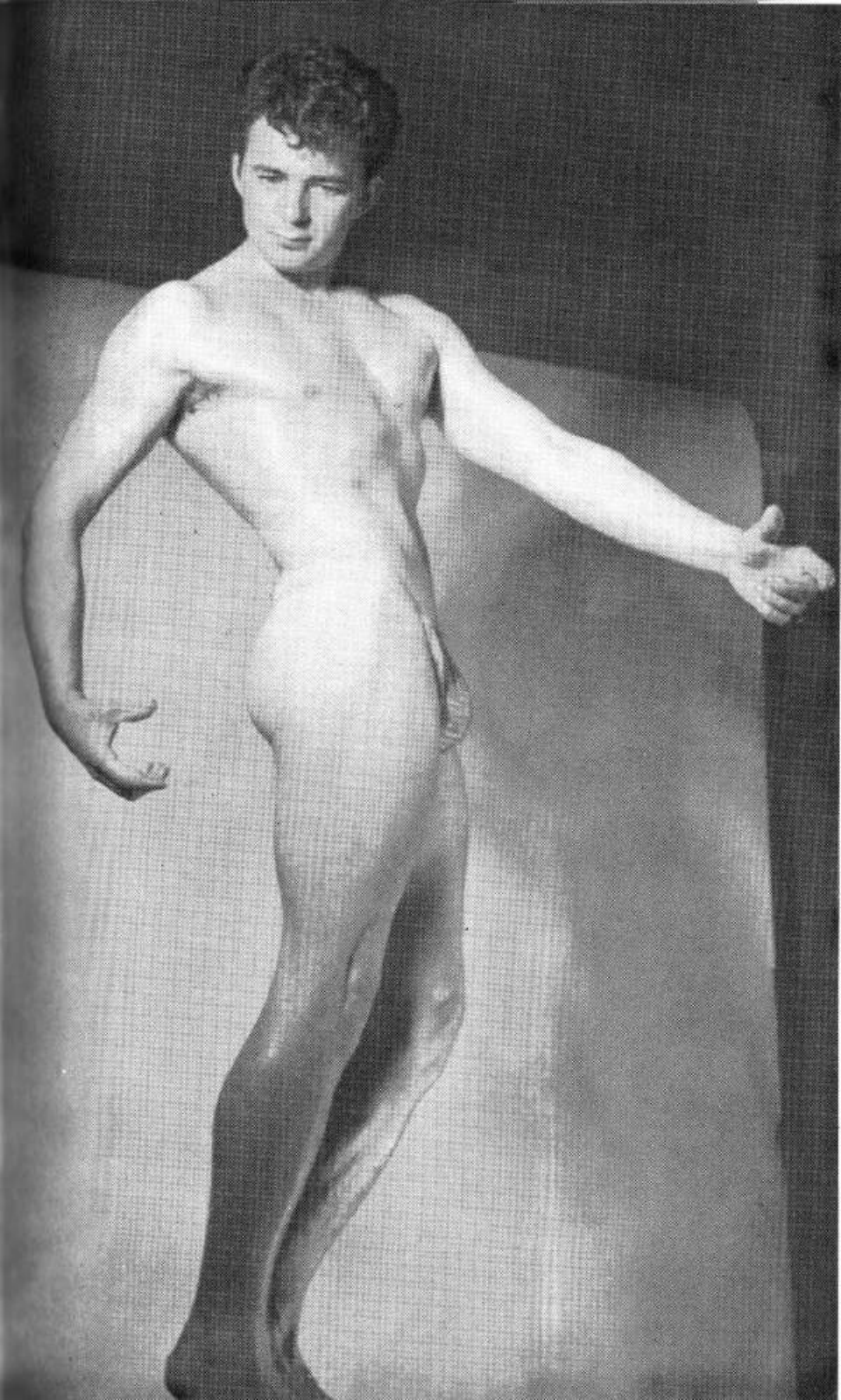

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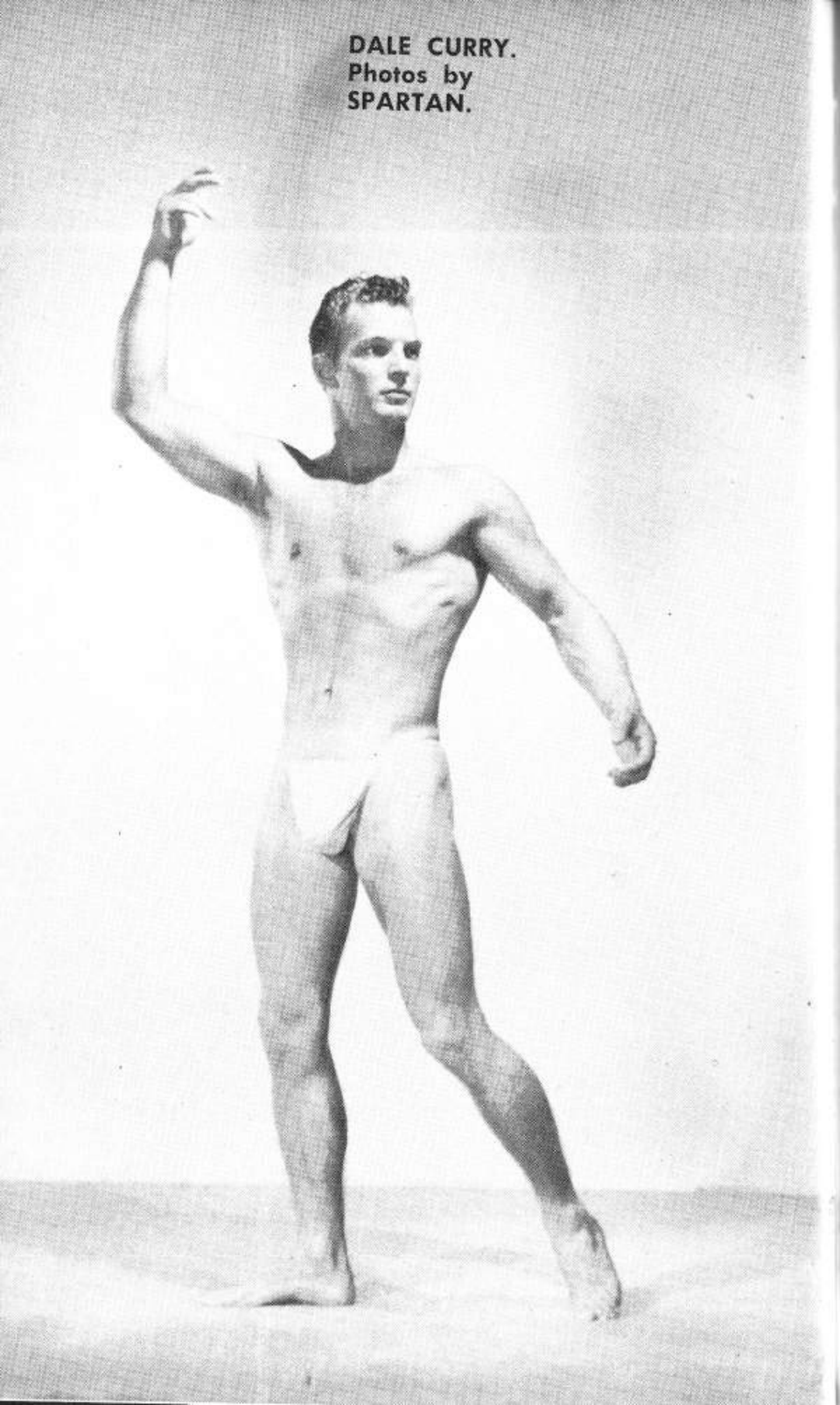

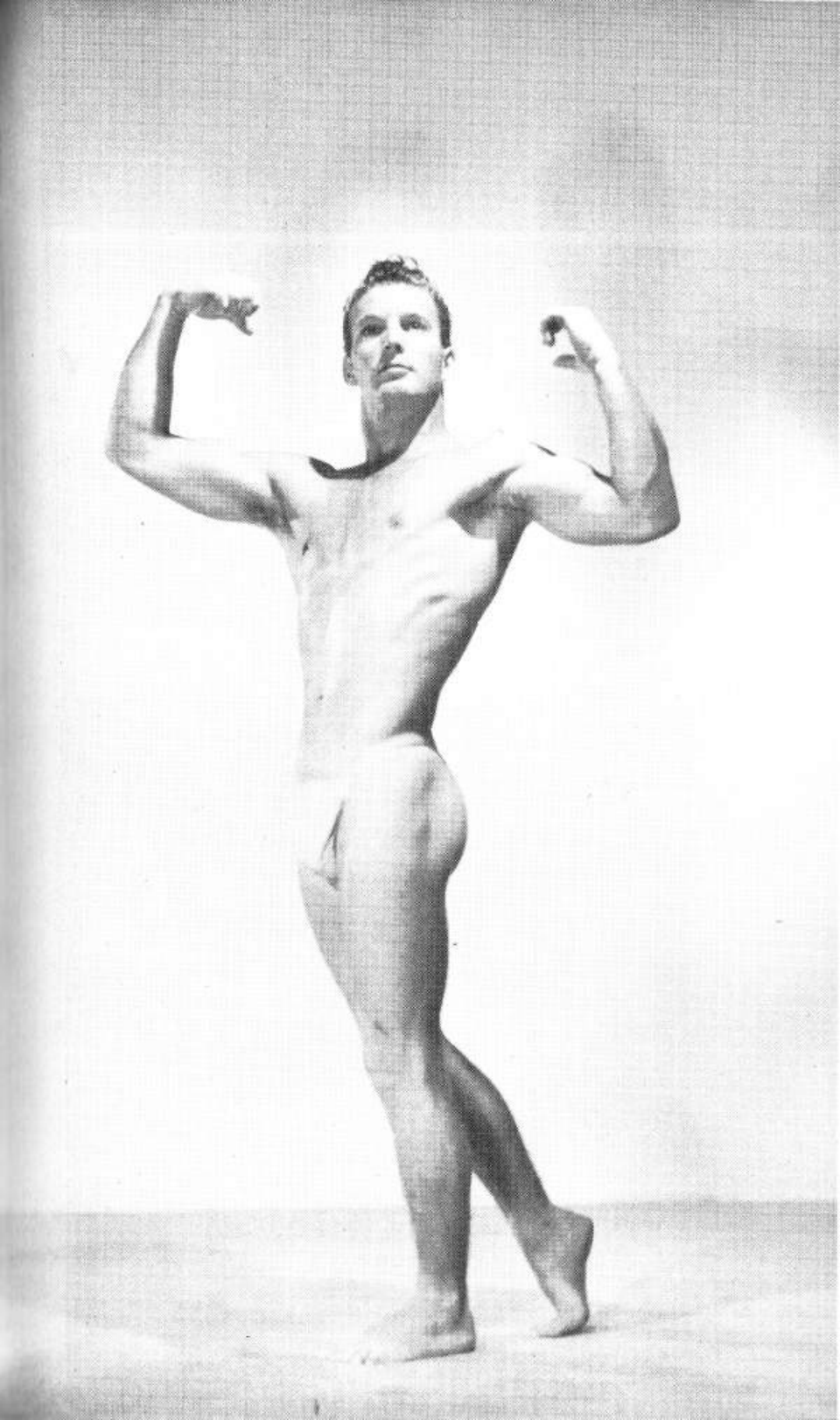

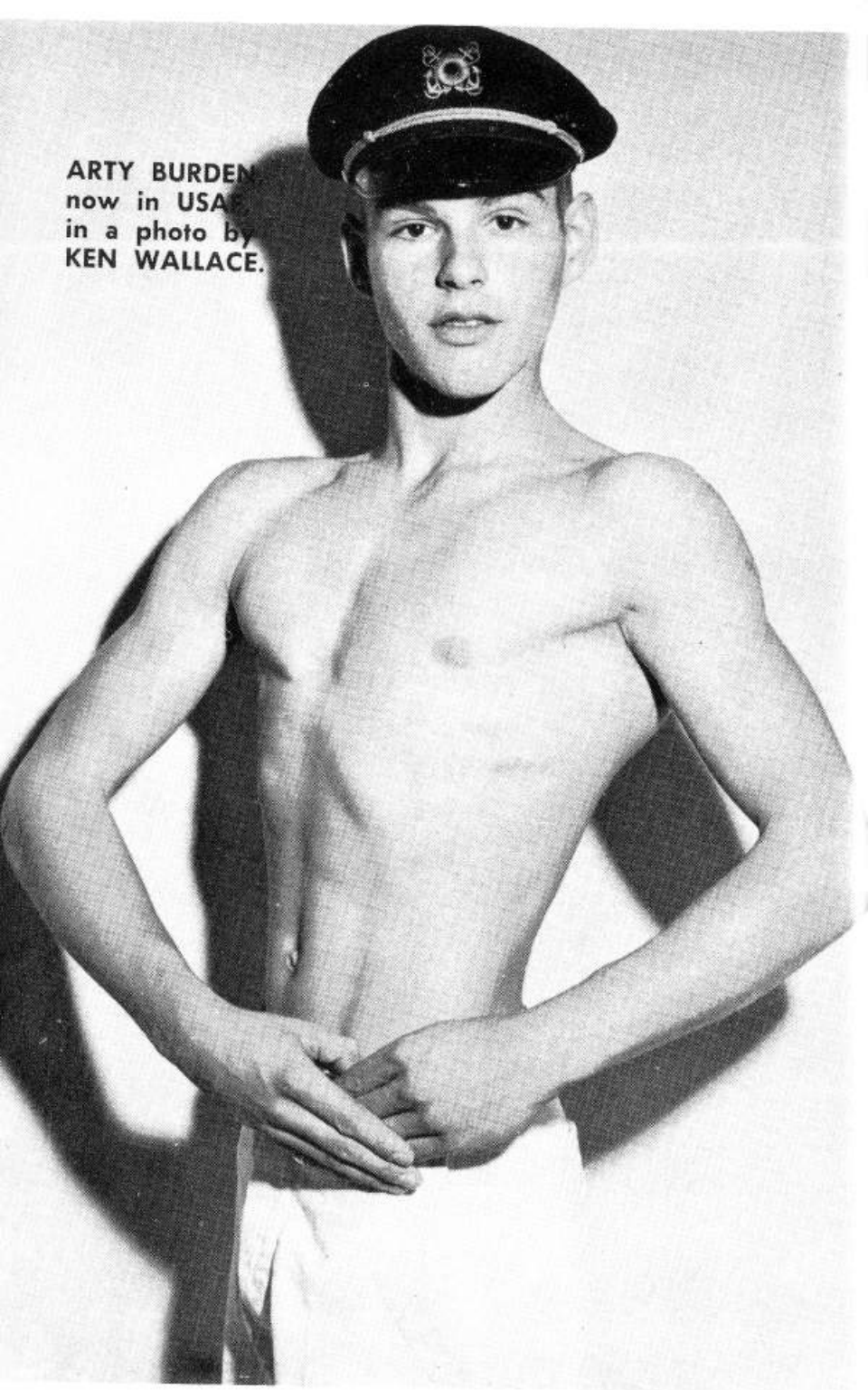
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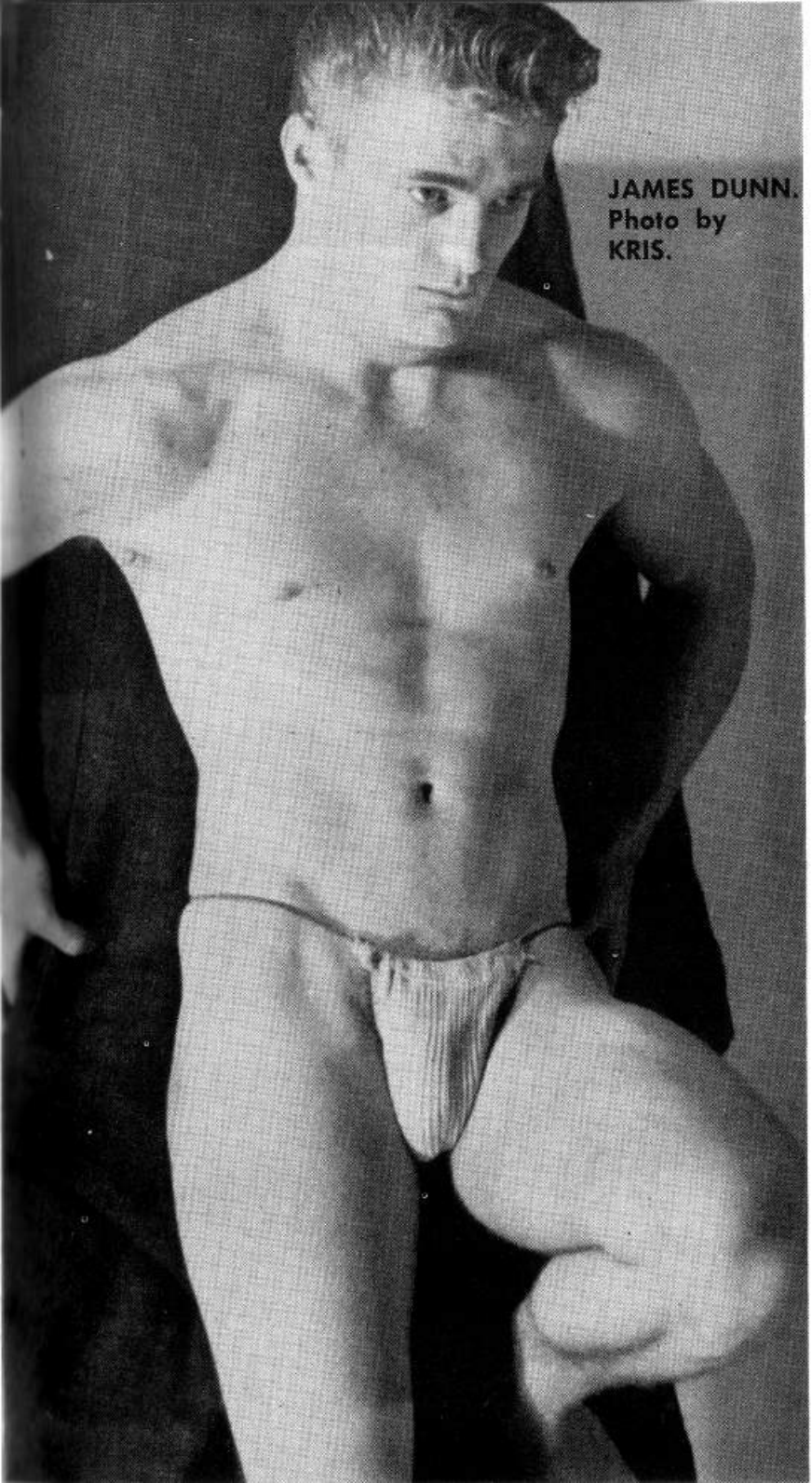

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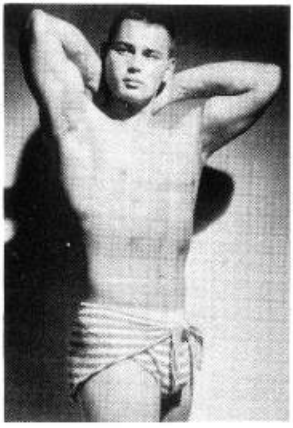

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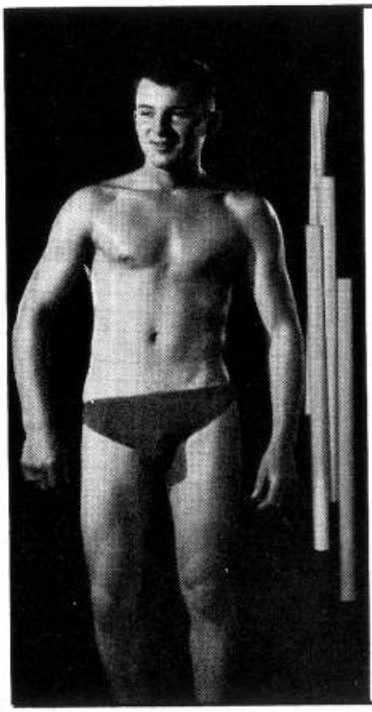

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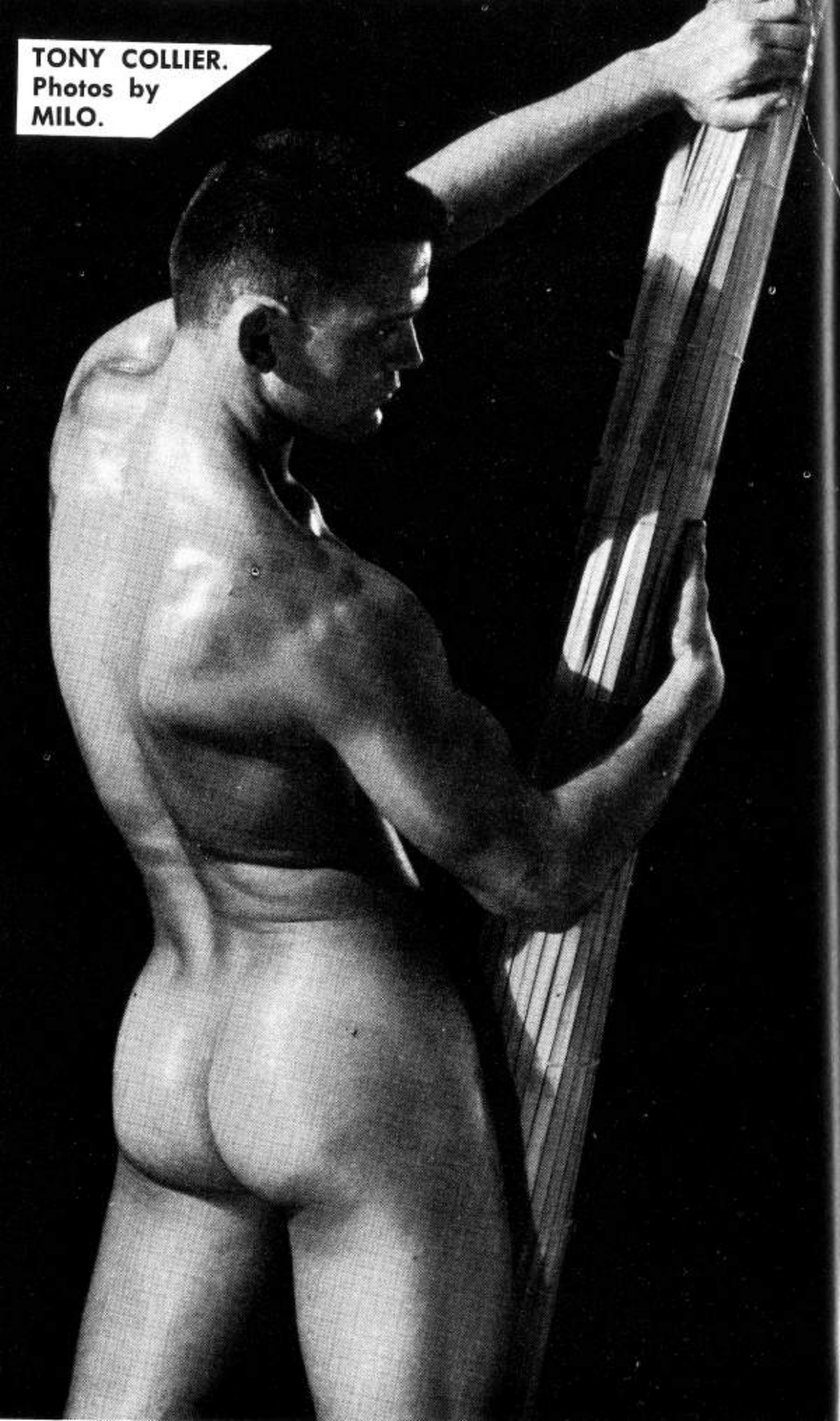
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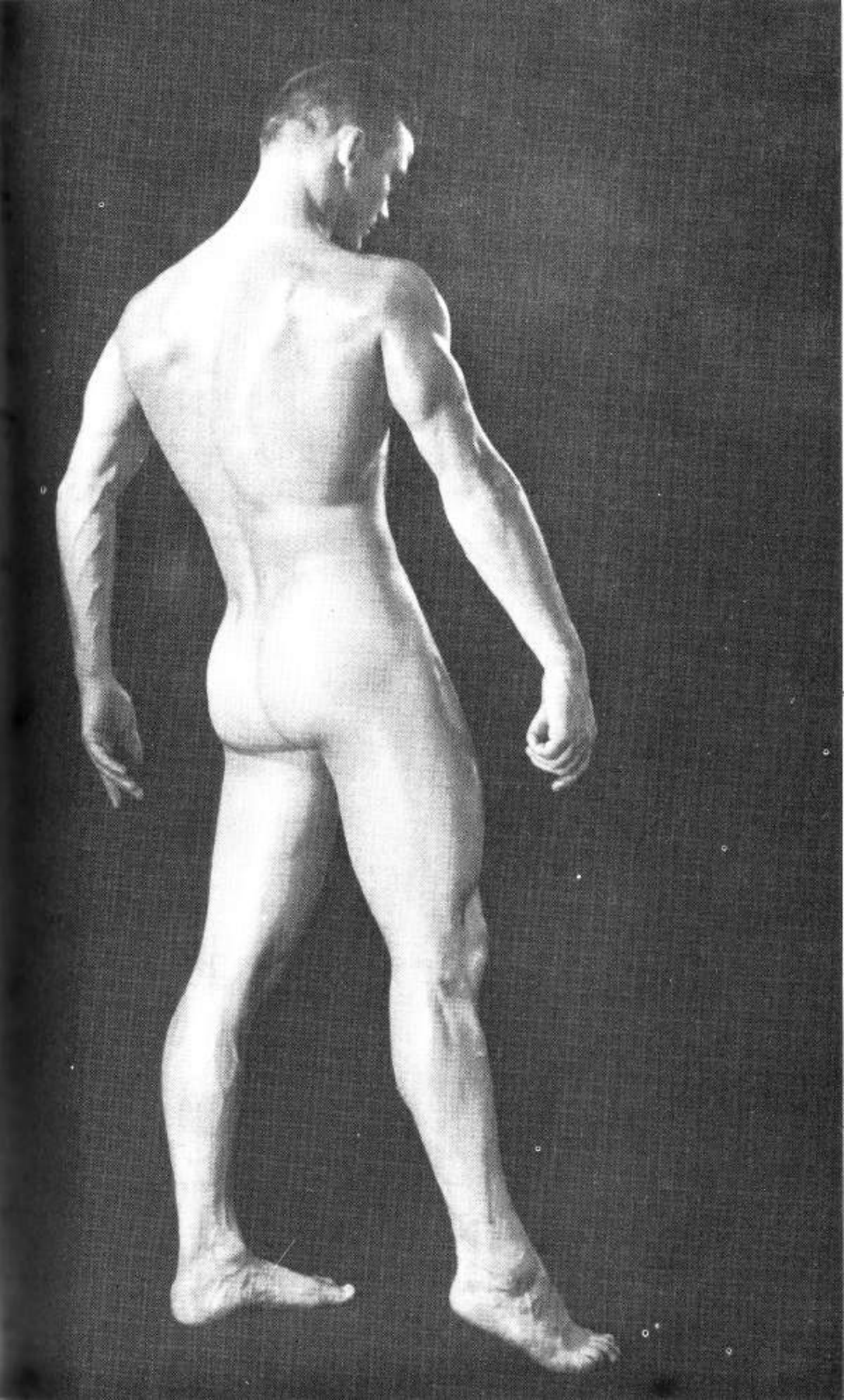
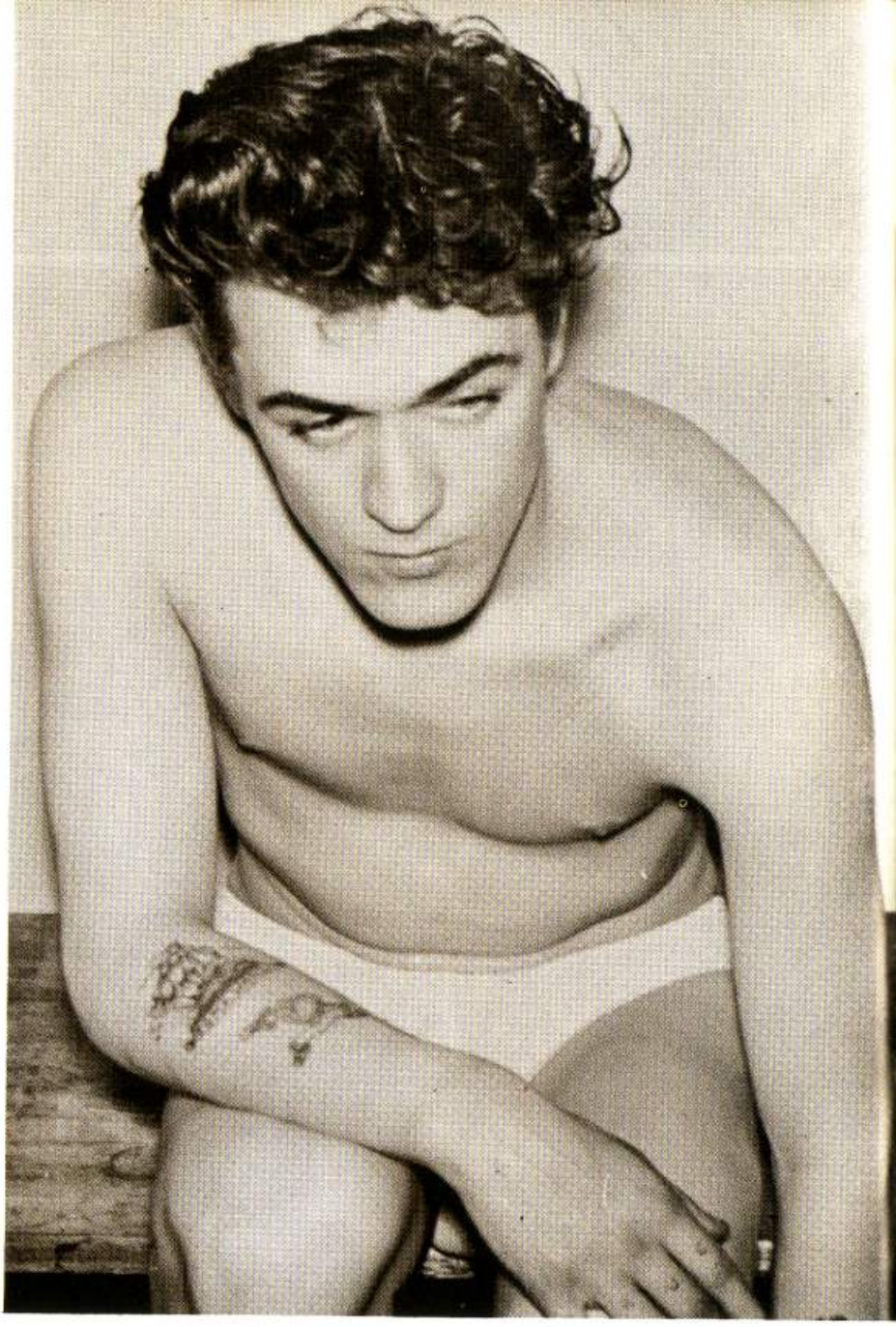
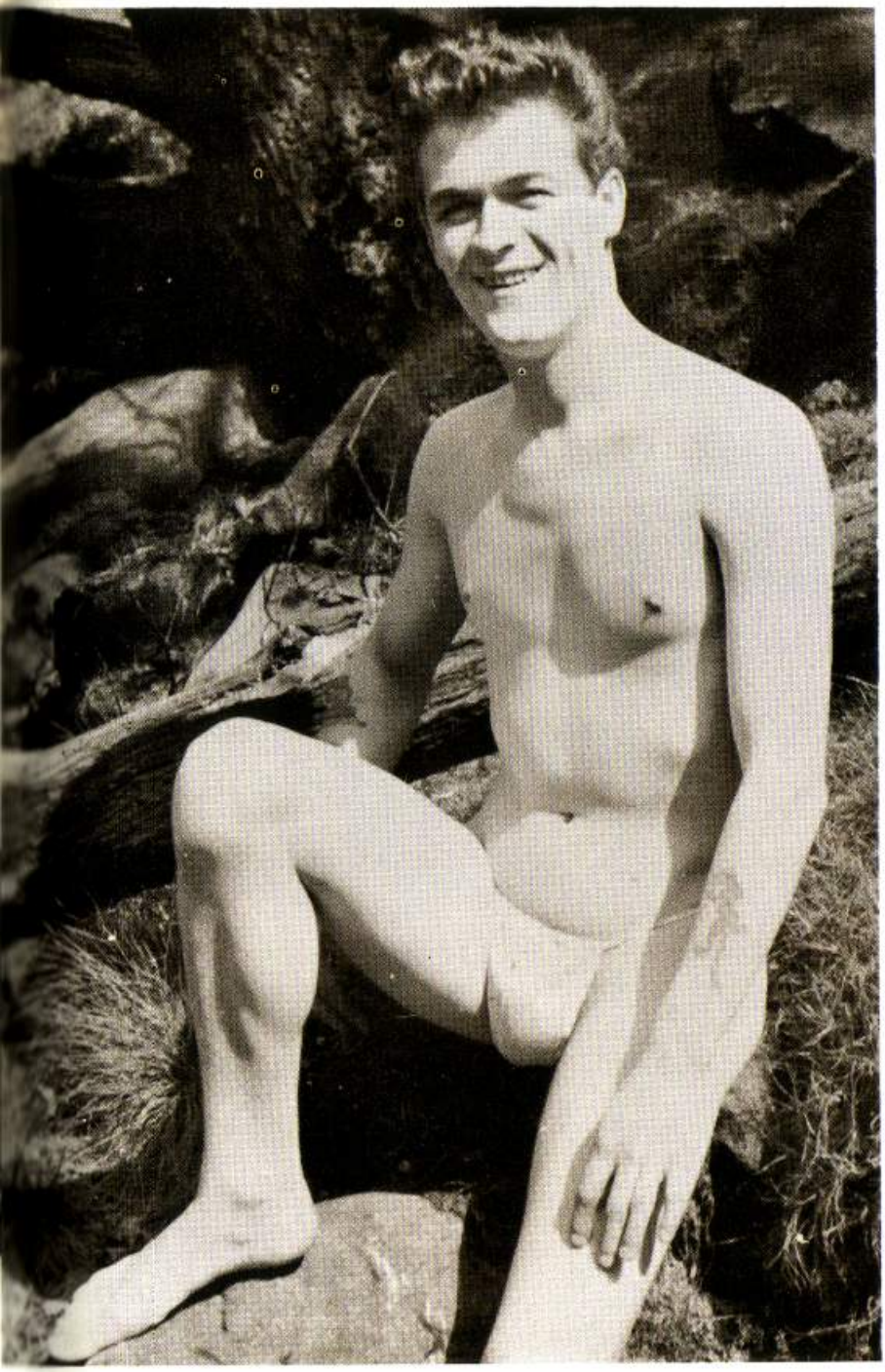
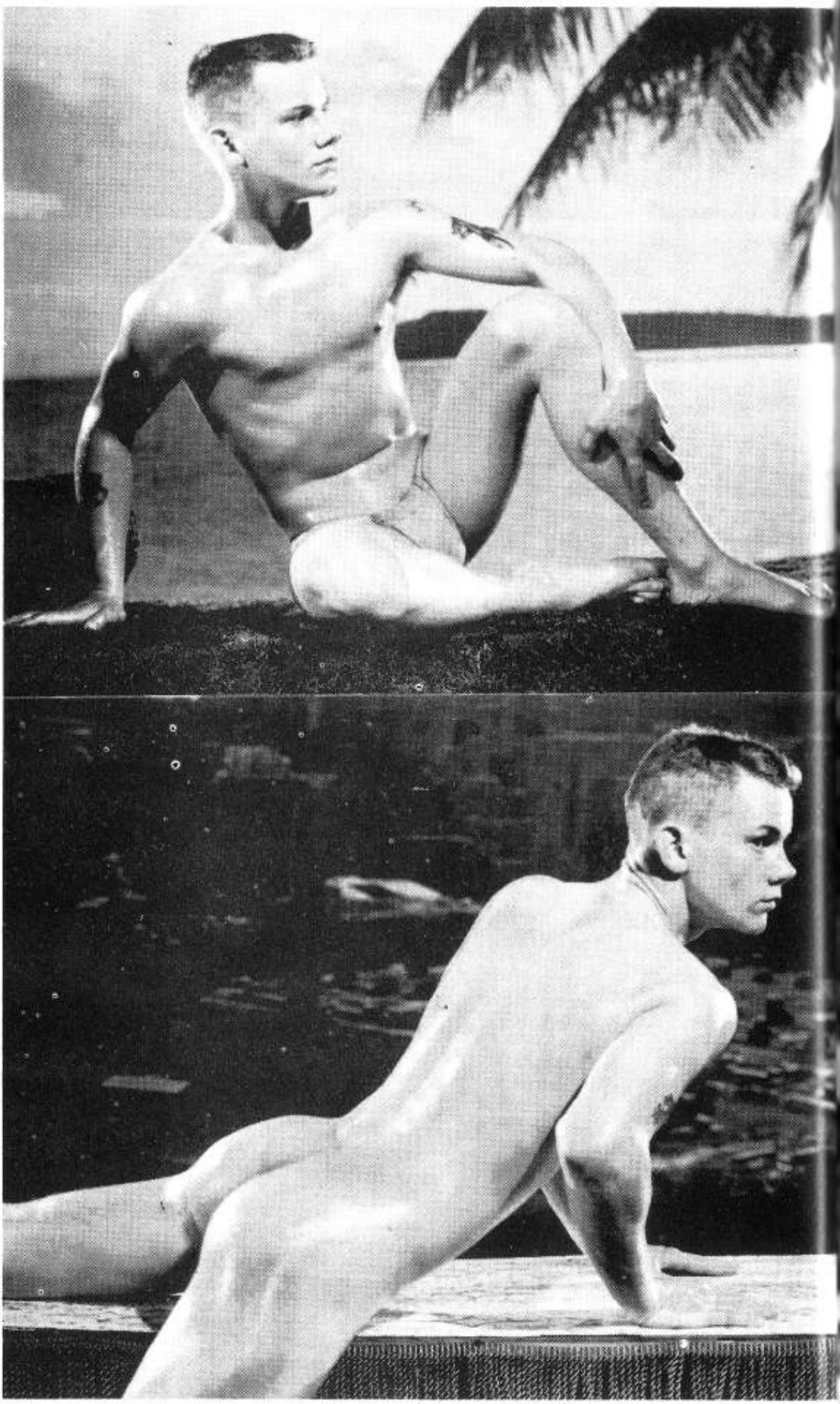
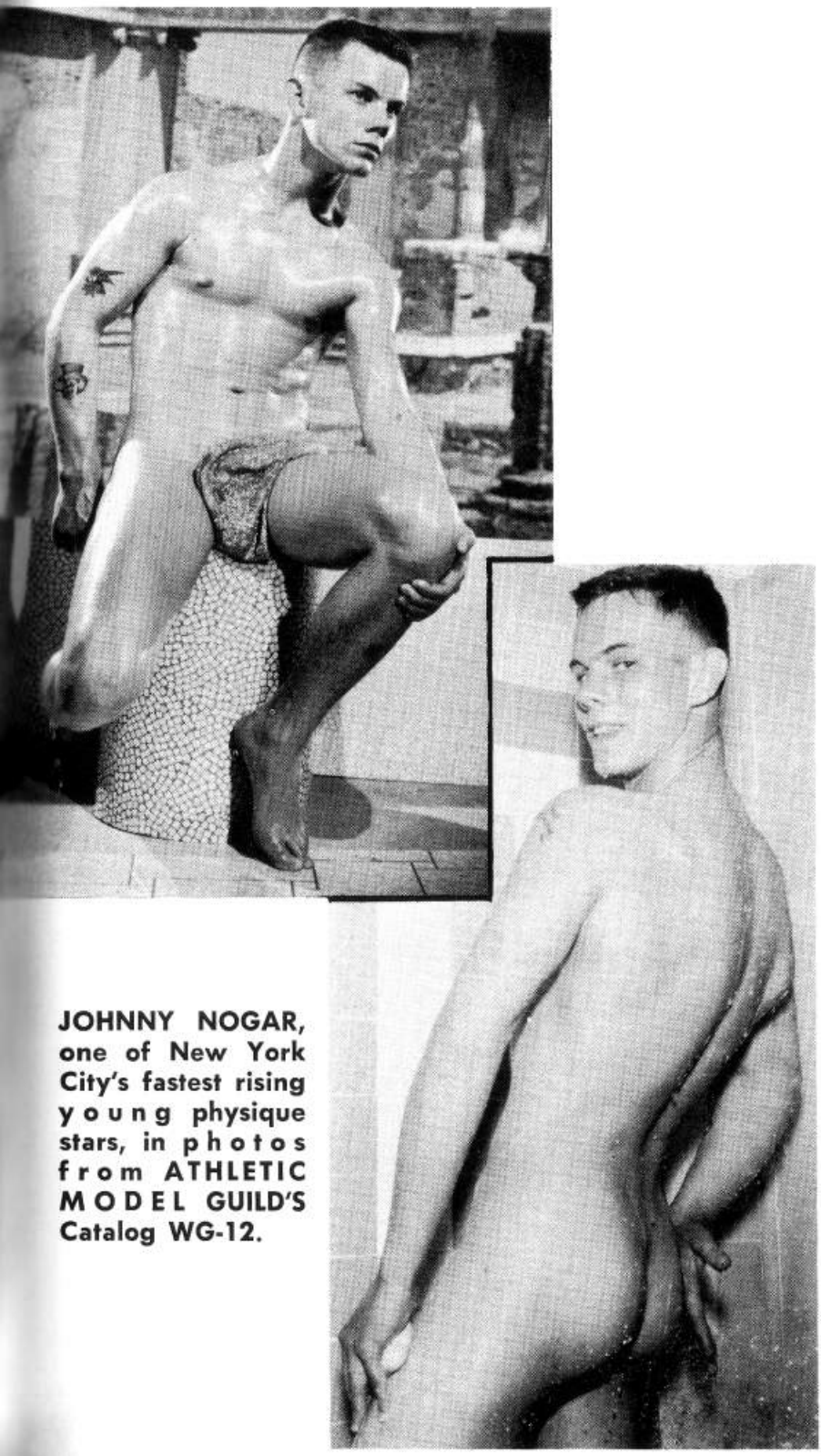




ROSS, 19 ,and just released from the Royal Navy, in photos by PAGAN.







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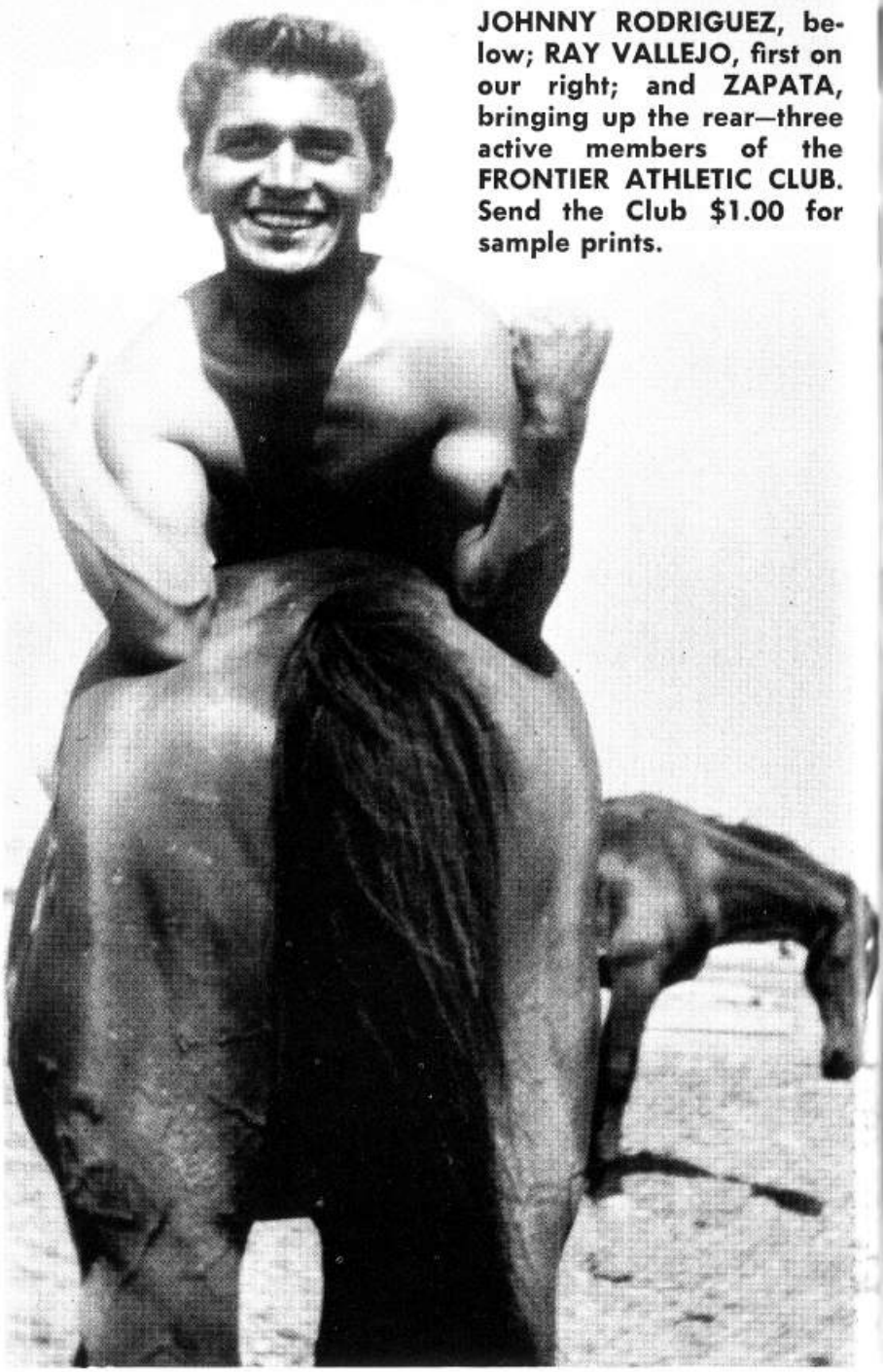
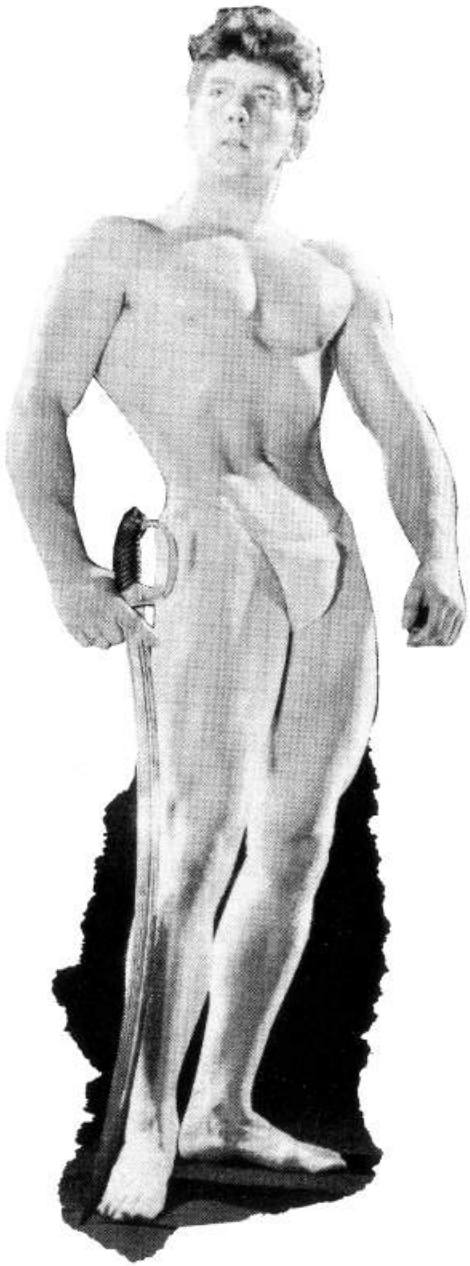


JOHNNY RODRIGUEZ, below; **RAY VALLEJO**, first on our right; and **ZAPATA**, bringing up the rear—three active members of the **FRONTIER ATHLETIC CLUB**. Send the Club $1.00 for sample prints.



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Studio Arax, 31 Blvd., Raspail, Paris VIIe, France (Note no catalogs available, Prints $1 Each with a minimum order of six)
Jon Arnt, 1302 E. Pike, Seattle 22, Wash.
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Glenn Bishop Studio, P.O. Box 461, Grand Haven, Mich.
Bruce, 11762 Kensington Road, Los Alamitos, Calif.
Cal-Model, Box 285, San Francisco, Calif.
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Dolphin Photography, Studio 38, 3 Golden Square, London W. 1, England
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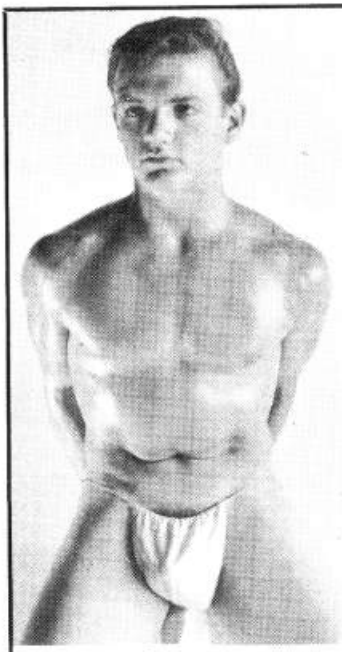

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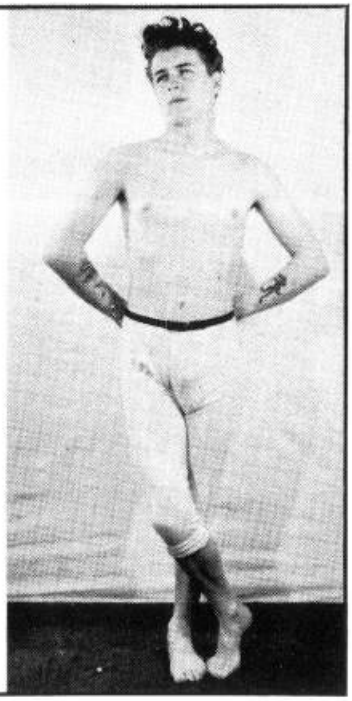

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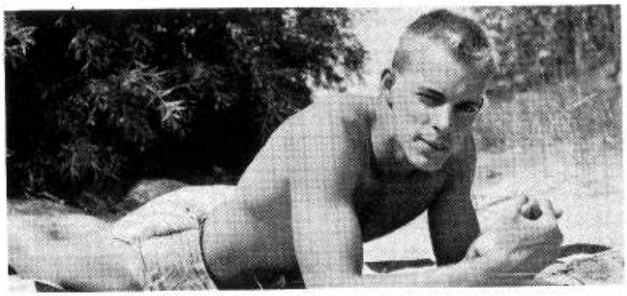

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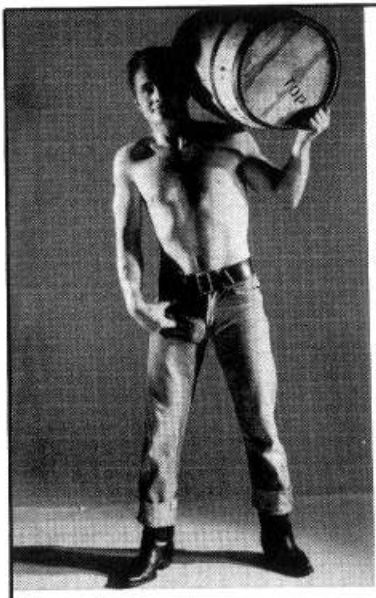

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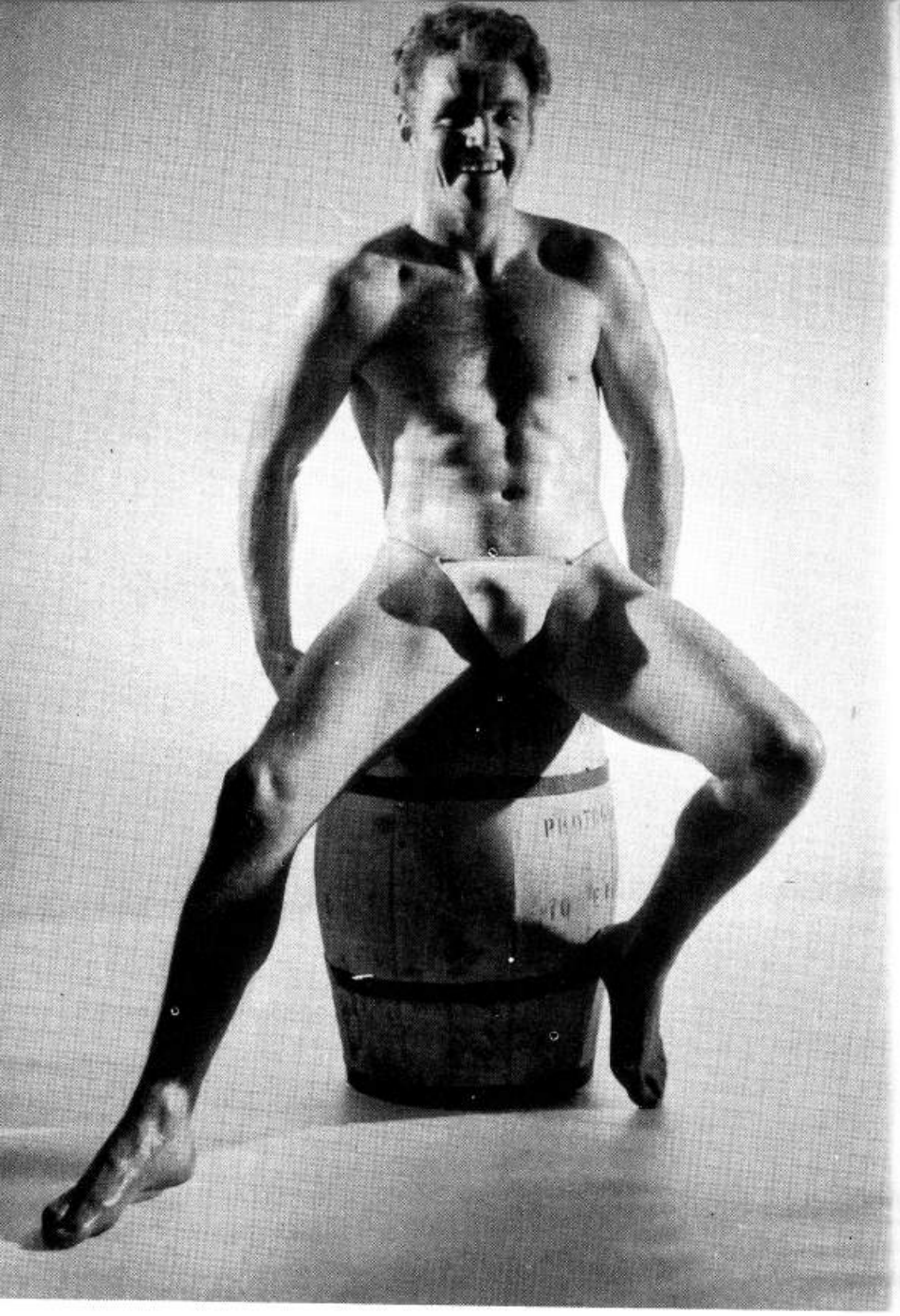

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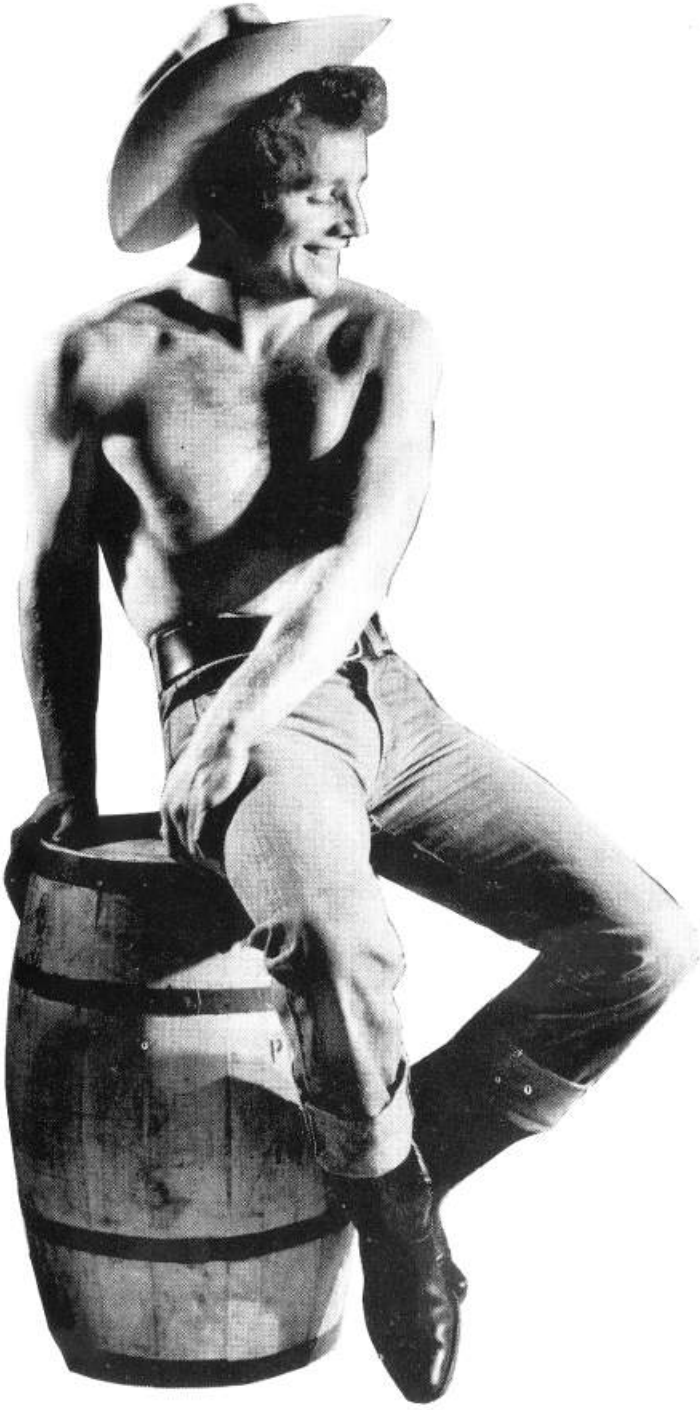

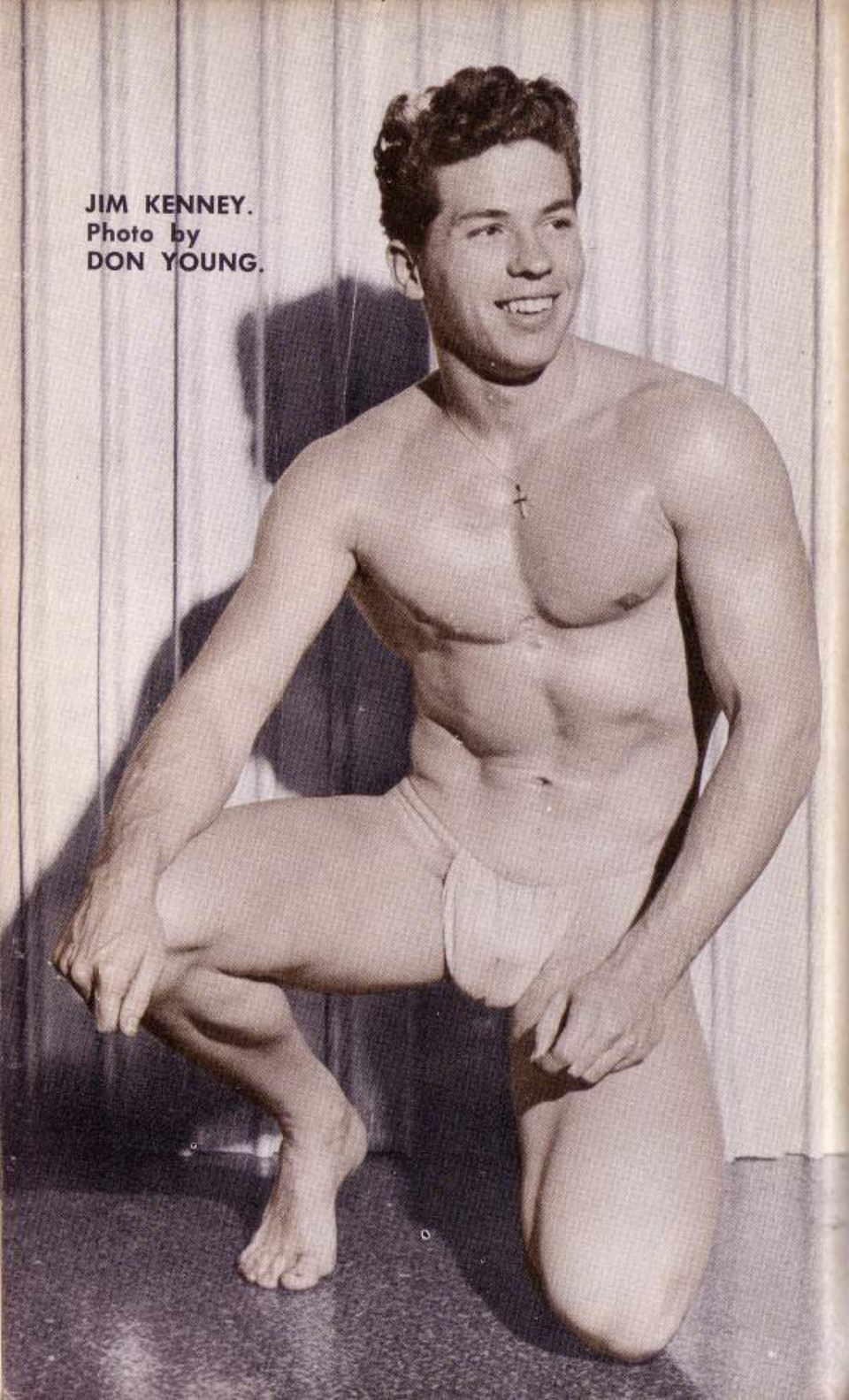

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